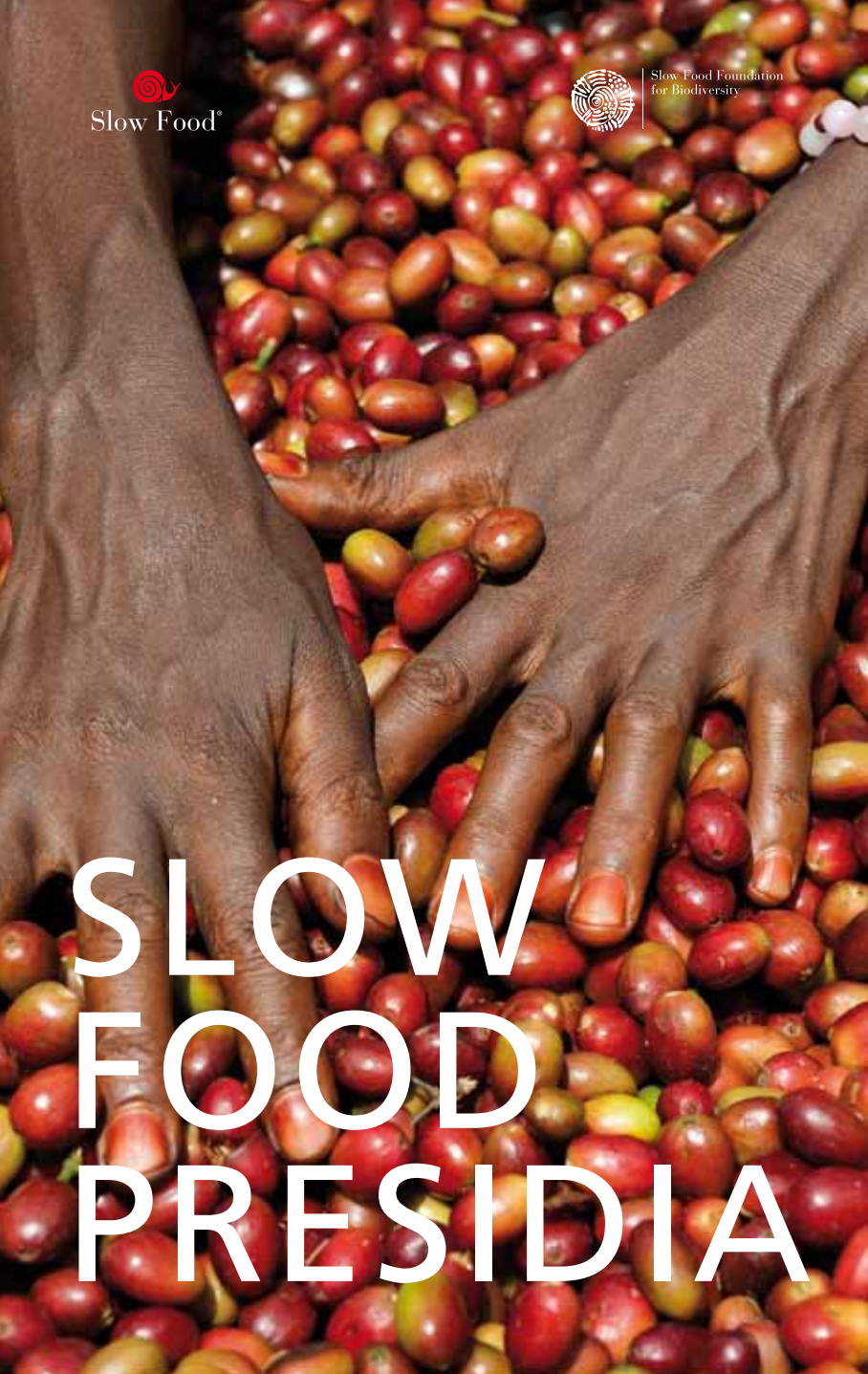
Slow Food®

Slow Food Foundation
for Biodiversity



SLOW FOOD PRESIDIA

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CONTENTS

4 Slow Food is...

7 Biodiversity According to Slow Food
9 Slow Food Presidia
10 Tell it on the Label
12 The Slow Food Presidia Brand
13 Slow Food Chefs' Alliance

14 A Brand for Presidia Coffee

16 Slow Food Foundation for Biodiversity Supporters

19 Slow Food Presidia
20 Europe
34 Italy
138 Africa
149 Americas
159 Asia and Oceania

Editors: Francesca Baldereschi, Salvatore Ciociola, Eleonora Giannini, Serena Milano, Raffaella Ponzio

Editorial team: Andrea Amato, Andrea Anania, Elena Aniere, Annalisa Audino, Carlotta Baitone, Valentina Bassanese, Valentina Bianco, Typhaine Briand, Roba Bulga, Elisabetta Cane, Silvia Ceriani, Elisa Demichelis, Emanuele Dughera, Alessandro Ferri, Tiziana Gazzera, Valerie Ganio Vecchiolino, John Kariuki, Michela Lenta, Marta Messa, Eleonora Olivero, Pia Radtke, Michele Rumiz, Veronika Sadlonova, Piero Sardo, Tetyana Smelkova, Anandi Soans

Translation: Bess Mucke, Carla Ranicki

Editing: Simone Gie, Cate Mann, Elanor Bermingham

Layout and graphics: Alessia Paschetta, Claudia Saglietti

Cover photo: Harenna Forest Wild Coffee Presidium, Ethiopia © Paola Viesi

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SLOW FOOD IS...

… a network of members

Slow Food is an international organization committed to ensuring everyone has the right to access and enjoy good food: good for eaters, producers and the environment. It was founded as a non-profit organization in 1989 to combat the spread of fast food culture and the disappearance of local food traditions and works to raise awareness of the impact our food choices have on the world around us. Slow Food believes that everyone has the right to quality food and, consequently, each of us has a responsibility to protect the heritage of biodiversity, culture and inter-generational knowledge that make eating one of the fundamental pleasures of life.

Slow Food **involves millions of people** who share the philosophy of "good, clean and fair" food; a network of passionate chefs, experts, youth, producers, fishers and academics in **more than 150 countries**. Included in this movement are 100,000 members joined in 1,500 local groups, who contribute financially to the association through membership fees and participate in events organized in their region. There are also 2,000 Terra Madre food communities who are engaged in small-scale sustainable food production.

> Find out more about Slow Food's activities: www.slowfood.com

... food and taste education

Education is fundamental to Slow Food's strategies and cuts across all of its projects and activities. To Slow Food, educating means promoting the pleasure of food, awareness in purchasing choices, respect for nature and the seasons, and appreciation of producers and their knowledge to children, young people and adults.
With the Master of Food, Taste Workshops, school gardens, conferences and seminars, Slow Food is bringing the public closer to food and taste education. Since 2004, the University of Gastronomic Sciences in Pollenzo has also offered multidisciplinary courses that merge humanities and sciences, sensory training and communications, campus-based activities and study trips around Italy and the world, to provide an understanding of the complexity and interdisciplinary nature of food.

> Find out more about Slow Food's education projects: www.slowfood.com/education

... biodiversity protection

In order to safeguard, defend and promote food biodiversity and to strengthen local communities, Slow Food, through the Slow Food Foundation, coordinates and sponsors a number of projects to support small-scale food producers: the Presidia, the 10,000 Gardens in Africa, Earth Markets and the Ark of Taste.

> Find out more about the Slow Food Foundation's activities and projects: www.slowfoodfoundation.org

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BIODIVERSITY ACCORDING TO SLOW FOOD

... Terra Madre
Terra Madre is a global network bringing together all those who want to act to preserve, encourage and promote methods of fishing, farming and food production that are sustainable and in harmony with nature, the landscape and tradition. Every day, the Terra Madre family is growing, becoming richer and more organized. The first members of this network were the food communities, who have since been joined by chefs, academics, young people and musicians.

The driving force behind the global network are the meetings that, since 2004, have been held regularly in every continent in the world. These gatherings give food producers, farmers, academics, chefs, fishers and NGOs a chance to come together and share knowledge and experiences.

> Find food communities in your region or network events: www.terramadre.org

Biodiversity is the diversity of life, from the simplest level (genes and bacteria) to the most complex (animal and plant species, ecosystems).

Biodiversity allows plants and animals to counter the unexpected and adapt to climatic changes, parasite attacks and diseases. A varied biological system is equipped with the necessary antibodies to deal with harmful organisms and to regain its own equilibrium; a system with low diversity is instead very fragile.

For this reason, protecting biodiversity is the most important insurance we can take out for our future.

If biodiversity disappears, what will happen to our food?
Together with wild flora and fauna, many plants domesticated by man and animal breeds selected for their milk or meat are disappearing. According to the FAO, 75% of edible plant varieties have been irreversibly lost. Today 60% of the world's food is provided by three cereals (wheat, rice and corn) and the human diet is based upon a few selected hybrid varieties, sold to farmers by a handful of multinationals.

This is why Slow Food, through its Foundation, is putting in place projects to protect agricultural biodiversity all around the world.

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FIND OUT MORE
Slow Food Foundation
for Biodiversity
Tel. +39 0172 419701
Fax +39 0172 419725
foundation@slowfood.com

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SLOW FOOD PRESIDIA

Biodiversity protection projects
In order to protect biodiversity, we must first understand it. To do this, Slow Food created the Ark of Taste, a project to collect and catalogue plant and animal species as well as food products like cheeses, cured meats, breads and sweets.
Everyone can get involved by nominating a product to save on the website www.slowfoodfoundation.org/ark

The Ark of Taste is a catalogue of products, but Slow Food also runs projects that directly involve the food producers: the Presidia. The Slow Food Presidia take concrete action to safeguard a traditional food at risk of extinction (an Ark product) thus becoming the operational phase of the Ark. Presidia are also established to protect a traditional technique at risk of being lost (fishing, breeding, processing, farming etc.) or preserve a rural landscape (for example, ancient olive groves or citrus orchards).

Two other important tools used to protect, enhance and promote biodiversity are the Slow Food gardens (family, community and school) and the Earth Markets, which unite small-scale producers and consumers.

> To discover more about the Slow Food Foundation's activities around the world, visit www.slowfoodfoundation.org

- There are more 450 Slow Food Presidia, in 56 countries around the world.
- They involve more than 13,000 small-scale food producers: farmers, fishers, butchers, herders, cheesemakers, bakers and more.
- They are concrete virtuous examples of a new agricultural model, based on quality, the recovery of traditional knowledge, respect for the seasons and animal welfare.
- They support small-scale traditional productions at risk of disappearing, endorse unique regions, recover ancient crafts and processing techniques, safeguard native breeds and fruit and vegetable varieties from extinction.
- They save products which are good (of high quality and rooted in the local culture), clean (made using sustainable methods and with respect for the local area), and fair (produced in conditions that respect people, their rights and their culture, while providing a fair return).
- They strengthen local economies and encourage the creation of a strong alliance between producers and consumers.

The Slow Food Presidia are part of the Terra Madre network of food communities and are promoted and coordinated by the Slow Food Foundation for Biodiversity.

> The official list of Presidia around the world and producers involved in the Slow Food project can be found on the website www.slowfoodfoundation.org

TELL IT ON THE LABEL

© Paolo Andrea Montanaro

Slow Food has developed a new label, which could represent a small revolution for food product communication: the narrative label.

In addition to the information required by law, the narrative label (a counter-label) provides precise information about the producers, their farms, the plant varieties or animal breeds used, the cultivation, breeding and processing methods used, animal welfare, the regions of origin….

To evaluate a food's quality, we require more than chemical or physical analyses or simply tasting it. Technical approaches fail to take into account what lies behind a product – its origin, history, processing techniques – and do not give consumers an insight into whether a food has been produced with respect for the environment and social justice.

Furthermore, product marketing is often confusing, with references to idyllic farming scenes, supposed traditional methods and vague suggestions of ancient flavors. However, these evocative concepts are usually far removed from the true nature of the advertised product. This is testified by the long lists of additives and unfamiliar ingredients found on the food labels filling our shopping trolleys, light years away from the advertising images and slogans.

More often it is actually the healthy and authentic products that are penalized: their labels meet legal requirements, but the information doesn't do justice to extraordinary cheeses, cured meats, sweets and other products and their truly artisanal production methods. So, while we may encourage consumers to read labels before buying, unfortunately they rarely provide the detailed information necessary to make an informed choice.
Slow Food believes that the quality of a food is best expressed through its story, beginning with the product's origin (the region) and including the methods used during cultivation, processing and preserving as well as its sensory and nutritional characteristics. Only such a narrative can reinstate a product's true value.

THE SLOW FOOD PRESIDIA BRAND

In Italy and Switzerland, the Slow Food Presidia are identified by a "Slow Food Presidium" brand which is used on the labels of products to better identify them on the market. Presidia coffees roasted in Italy can also use the same logo.

The brand guarantees that the producers belong to a Presidium and have signed a production protocol characterized by respect for tradition and environmental sustainability.

Presidia products are sold directly by producers or consortia of producers. Anyone who wishes to sell Presidia products should directly contact the producers or the Presidia coordinators.

LOOK FOR IT ON LABELS AND PACKAGES!

HELP SUPPORT THE GUARDIANS OF BIODIVERSITY!

Presidio Slow Food®

SLOW FOOD CHEFS' ALLIANCE

Slow Food Chefs' Alliance

The Alliance is a network of chefs and restaurateurs who are committed to supporting Slow Food's biodiversity-protection projects, using local ingredients, respecting the seasons and working directly with small-scale food producers.

The chefs who belong to the project undertake to use at least three Presidia products on their menu, prioritizing those from their local area and naming the producers who supply the restaurant along with the Presidia logo.

The Alliance network is currently active in Italy, where it involves more than 300 restaurants, the Netherlands and Morocco.

> You can find the list of participating restaurants, Alliance dinner dates and more information about joining the project on the website: www.slowfoodfoundation.org

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A BRAND FOR PRESIDIA COFFEE

How many people know what a coffee plant looks like, or where their morning cup came from? How many people know about the living conditions of the coffee growers and if they are making enough money to survive?

To help raise awareness about issues surrounding coffee production, the Slow Food Foundation for Biodiversity began working with producers in the global south, starting Presidia in Africa, Latin America and India. Now it has launched a brand for coffee, involving coffee roasters and setting up a tasting commission.

The Italian coffee roasters who belong to the project must respect a series of rules that guarantee quality and transparency along the supply chain. They can then use the Slow Food Presidium brand on their packaging, offering consumers the chance to identify and buy good, clean and fair coffee.

Presidio Slow Food®

COFFEE PRESIDIA

Ethiopia
Harenna Forest Wild Coffee

Guatemala
Huehuetenango Highland Coffee

Honduras
Camapara Mountain Coffee

Mozambique
Ibo coffee

Uganda
Luwero Robusta Coffee

In 2014, the following outlets in Italy have confirmed they will be selling Presidium-branded coffee:

Art Caffè
Fornovo San Giovanni (Bg)
www.artcaffe.com

Boutic Caffè
Turin
caffeboutic@libero.it

Caffè Alberto
Caselle Torinese (To)
www.caffealberto.it

Caffè Corsini
Badia al Pino (Ar)
www.caffecorsini.it

Granonero
Ostuni (Br)
www.caffeorlando.com

Caffè San Domenico
S. Antonino di Susa (To)
www.specialitycoffeesandomenico.it

L'Albero del Caffè
Anzola nell'Emilia (Bg)
www.alberodelcaffe.org

Lady Cafè
San Secondo Parmense (Pr)
www.torrefazioneladycafe.com

Le piantagioni del caffè
Livorno
www.lepiantagionidelcaffe.it

Mokador
Faenza (Ra)
www.mokador.it

Pausa Cafè, Cooperativa Sociale
Turin
www.pausacafe.it

Torrefazione Piansa
Bagno a Ripoli (Fi)

Trinci Torrefazione Artigiana di Caffè e Cacao
Cascine di Buti (Pi)
www.impressioni.it

CHOOSE THE PRESIDIA AND DRINK GOOD, CLEAN AND FAIR COFFEE!

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THE SUPPORTERS LISTED
have contributed to the Foundation's projects (Presidia, Earth Markets, gardens in Africa) with a donation of at least € 4,500.
The complete and updated list of supporters is available at:
www.slowfoodfoundation.org

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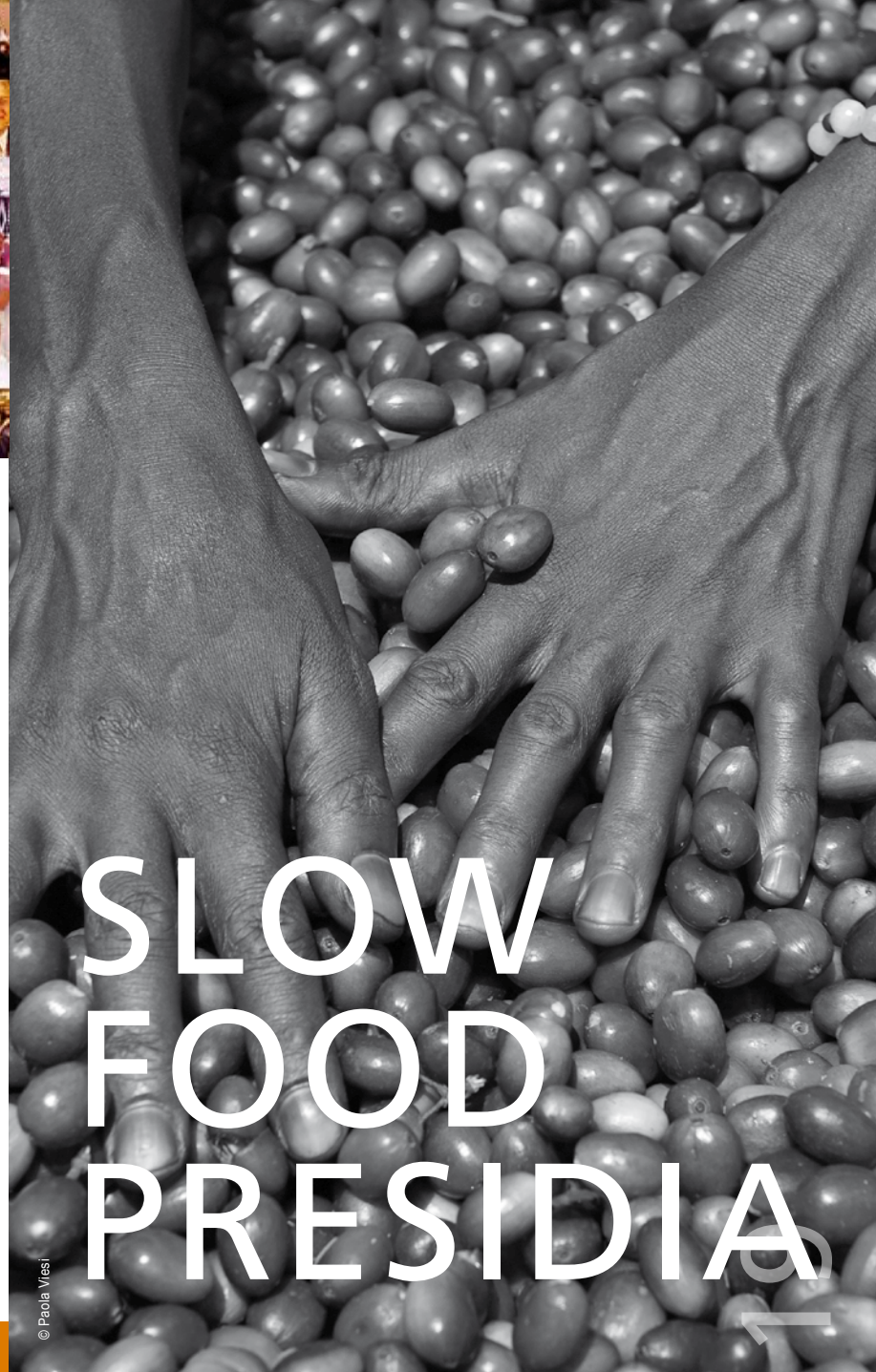

SLOW FOOD PRESIDIA

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EUROPE

© Ivo Danchev

ALBANIA

Përmet Gliko

Situated on the banks of the Vjosa River, the city of Permet is home to many forgotten gastronomic treasures, including white wines (from the debine grape), raki (typical Balkan fruit brandy), honey and dairy products (such as white cheese and salted sheep butter). But above all, the area is known for its gliko, a compote made from whole fruits such as white cherries, wild figs, plums or apricots, and sometimes vegetables like eggplant. The most common version is "walnut husk" gliko, made from whole green walnuts. The fruit is carefully selected, left to soak in cold water and lime, then boiled with sugar in a copper pot over an open fire for around one hour with a little lemon juice to maintain a vibrant color.

Production area: Permet District
Technical partner: CESVI – Participatory Foundation and NGO

AUSTRIA

Lungau Tauern Rye

Lungau Tauern Rye (Lungauer Tauernroggen) is an old variety of winter rye originating from the Lungau, the southernmost part of the state of Salzburg. Cultivated until the 1970s, it then almost disappeared due to the decline of growing cereal crops in mountainous areas. Recently, a group of farmers decided to recover this important aspect of the local biodiversity. Fortunately some local small farmers had continued to grow the rye on small plots for their own consumption, saving the variety from being lost. The flour is used to produce excellent sourdough bread and other traditional products such as Hasenoöhrl (dough fried in lard).

Production area: Lungau region, Salzburg province
Presidium supported by: Ferienregion Lungau, Salzburger Land Tourismus

Pit Cabbage

In addition to the well-known production of Sauerkraut, another traditional method for preserving cabbage that involves keeping them in pits dug in the ground is still used in the mountainous areas of eastern Styria. The heads are cleaned and blanched in boiling water, dried in the sun and then stacked between layers of straw in four-meter deep pits with a weight on top. The cabbages naturally ferment and can keep up to three years.

Production area: Fischbacher Alps region and the bordering region of Wechsel, East Styria

Vienna Gemischter Satz Wines

The city of Vienna is surrounded by 700 hectares of vineyards. It is here that a unique tradition still exists: the Wiener Gemischter Satz (or mixed grape blend), an ancient production technique that involves growing up to 20 different kinds of grapevine in the same vineyard. The grapes are all white, but play different roles. There are base varieties (such as Pinot Blanc and Grüner Veltiner), acidic varieties (such as Rhein Riesling) and aromatic varieties (such as Muskateller and Traminer). While each wine is different, all offer a strong expression of the local area.

Production area: Vienna municipality

Wachauer Saffron

The cultivation of saffron in Lower Austria (defined in literature as Crocus Austriacus) is documented from the 12th until the 19th century, when it was considered to be one of the best available in Europe for quality and purity. Due to competition from cheaper imports and the imposition of high taxes on local farmers, its cultivation was gradually abandoned. This ancient tradition is now being revived in the Wachau region, an area that is characterized by cultivated terraces and a UNESCO World Heritage site since 2000. An ingredient in many traditional recipes, such as Gugelhupf (an Austrian ring cake), soups or horseradish sauce, Wachau saffron is now also used in creative versions of chocolate, jam, vinegar, beverages and flavored honey.

Production area: Wachau UNESCO World Heritage site, Lower Austria

Wiesenwienerwald Chequer Tree

The chequer tree (Sorbus tormialis) can be found throughout Europe, but only in the forest area surrounding Vienna - more precisely in the so-called Elsbeerreich area ("reign of the chequer tree") - does the tradition of eating its fruit (fresh or dried) or using it for distills, still exist. In the rest of the country only the wood is used and it is rare to see the old and magnificent trees. Harvesting is carried out in October, with the height of the tree often presenting difficulties: it can reach 15 to 20 meters. The small oval berries are dark red and have an almond flavor.

Production area: Wiesenwienerwald, Lower Austria

BELARUS

Rosson Wild Fruits and Infusions

The district of Rosson is a wooded wetland area in the north of Belarus ideal for collecting berries and wild herbs. For generations, families have been preparing infusions by drying differfent parts of the plants including the stems, berries, flowers and leaves. The main ingredients offered by the woods are blackcurrants, small forest strawberries, blueberries, cranberries, dog-rose, raspberries, fireweed (Epilobium angustifolium), wild mint, thyme and meadowsweet.

Production area: Vitebsk region, Rosson district

PAYS DE HERVE AND HESBAYE SYRUP PRESIDIUM © MARTA MESSA

BELGIUM

Pays de Herve and Hesbaye Syrup

The production of artisanal syrup in Hesbaye and in the region of the Land of Herve and uses only local varieties of pears and apples, without the addition of sugar or dates as frequently happens in the industrial versions. Four producers have preserved the traditional method: Apples and pears are sourced from local farmers, the fruit is cooked for 12 hours (in varying ratios according to the recipe), pressed, and then cooked again for another 2-4 hours in large copper cauldrons. The resulting syrup is dark-brown to black in color, shiny, dense and has an aroma of caramelized fruit. Three types of syrup are produced, depending on the apple and pear varieties used and the ratio of the two fruits used: sweet, semi-sour and sour.

Production area: Battice municipality, Land of Herve, Liège province

Raw Milk Herve

Herve is a soft, rind-washed cheese that was originally made from raw cow's milk. It can be sweet, if it is matured for four weeks, or spicy, if the aging is prolonged for another three weeks. The color of the cheese varies from pale to bright yellow, depending on the milk, the season and the period of aging. The fresh version has a crumbly texture, while the more mature cheeses are creamy. It has a strong and persistent aroma. Despite the long history of this cheese, linked for centuries to the economy of the Land of Herve (in Liège province), today its raw milk version is very rare.

Production area: Battice municipality, Land of Herve, Liège province

BOSNIA AND HERZEGOVINA

Cheese in a Sack

Sir iz Mijeha (cheese in a sack) is a very unusual type of cheese made from raw sheep's, cow's and goat's milk, or a combination of the three. It is aged inside a sheepskin for two to twelve months. The size of the finished product depends on the size of the sheep, and can range from 30 to 70 kilos. The Presidium has established an association of producers who adopted a production protocol in order to obtain a recognizable, high-quality product. Its aims include the preservation of three native breeds: the Pramenka sheep and Gatacka and Busa cows.

Production area: Ljubinje, Prozor-Rama, Konjic, Ljubuški, Nevesinje and Berkoviši villages in Herzegovina
Project partner: Oxfam

Pozegaca Plum Slatko

Throughout Bosnia and parts of Serbia, women traditionally prepare this local conserve called slatko (meaning "sweet") for home consumption. To make slatko, plums of the local Pozegaca variety are blanched, peeled and pitted by hand, and left to soak briefly in a solution of water and lime to keep them firm during cooking. The plums are then cooked in a syrup of water and sugar, and packed in jars.

Production area: Drina River valley, Ustikolina, Gorazde municipality
Technical partners: Agropodrinje Cooperative, Gorazde

BULGARIA

Karakachan Sheep

In the past the Karakachan sheep breed (which takes its name from an ancient Balkan ethnic group) was common throughout Bulgaria. At the beginning of the 20th century there were 500,000 animals, but by the end of the 1950s their numbers had reduced to 150,000. By 2007 only 400 had survived. The sheep is small in size with a long, thick coat, the color of which changes with age from black to brown and finally to grey. Its excellent high-fat milk is used to produce Sirene, a white-brined cheese similar to feta, and an extraordinary yogurt.

Production area: Vlahi, Pirin Mountains, Blagoevgrad province, southwestern Bulgaria

Meurche

Meurche is one of the rare unsmoked cured meats from the Balkans. In Gorno Draglishte, a small town in the valley that separates the Vidin mountains, the highest in Bulgaria, from the Rila massif, the women would traditionally mix the more noble cuts of the pig—fat, leg and shoulder—with salt, pepper and spices (cumin, dried dill seeds and leaves, coriander). The mixture would be packed into the pig's bladder and stomach and the resulting sausage would be hung up to dry in the attics of the traditional wooden houses, then aged for up to 16 months in a special wooden container, completely buried in ashes. Today only one producer still regularly prepares meurche.

Production area: Gorno Draglishte, Razlog municipality

Smilyan Beans

The upper Arda valley of the Rhodope Mountains, close to the Greek border, is a little piece of paradise where nature is still pristine. Christian and Muslim communities have lived peacefully here together for centuries. For at least 250 years Smilyan beans have been grown successfully in the region. There are two types of Smilyan bean: The first is smaller and brown with black streaks, used in soups or trahna (a traditional local stew of beans and corn); the second is a larger white or purple bean with streaks, used in salads or fried in a mixture of water, flour and eggs.

Production area: Smilyan municipality and upper Arda Valley, Smolyan province

Tcherni Vit Green Cheese

Sirene is a traditional white sheep's milk cheese similar to feta and common throughout the Balkans. Near the village of Tcherni Vit, it is prepared in an unusual way. Here, shepherds place the cheese in small wooden barrels and age it in cellars. Contact with the wood, the slow evaporation of the brine and the microclimate in the narrow valley of Tcherni Vit all contribute to the formation of molds that turn the cheese green and give it a strong and spicy flavor.

Production area: Tcherni Vit village, Teteven municipality, Lovech district, Balkan range

KARAKACHAN SHEEP PRESIDIUM © ATILA AND SIDER SEDEFCHEV

CROATIA

Ljubitovica Sarac Garlic

In the village of Ljubitovica, just a few kilometers from the city of Trogir, life seems to have stood still for centuries. The village is home to a special garlic famed throughout the region. Known as luk in Croatian and cesnjak in Dalmatian, the Allium sativum garlic variety is conservable, full-flavored and fragrant, often streaked with reddish veins. Grown by local families to supplement their incomes, after harvesting it is woven into strings and sold mainly by women at markets in Split, Trogir and Sibenik, or to tourists traveling the coastal roads in summer.

Production area: Ljubitovica, Split-Dalmatia region

CYPRUS

Tsamarella

The traditional dried meat, tsamarella, has been made in Cyprus for centuries, using goat's meat aged for over nine months. Native to the island, breeds include Damascus (brought to Cyprus in around 1950), Machairas and Pafos, a hybrid. Tsamarella's color ranges from dark red to brown, its texture is semi-firm and it is easily sliced. Seasoned with oregano, it has a typical goat-meat flavor.

Production area: Pitsilia region, Nicosia district

FRANCE

Auvergne Salers Breed Cheeses

Auvergne, the cheesemaking heart of France, is home to a historic breed of milk cow. The salers breed has a red coat, lyre-shaped horns and is known for its highly developed maternal instinct: it is impossible to milk the cow without the physical presence of her calf. Today bred mainly for meat, the breed was originally intended for the production of milk. The Presidium promotes the handful of artisan producers who produce three extraordinary DOP cheeses using raw Salers milk: Traditional Salers, Saint Nectaire and Cantal.

Production area: Auvergne

Barèges-Gavarnie Mutton

Two kinds of meat are traditionally obtained from the Barèges sheep breed: dublon (from a castrated male over one-and-a-half years old, weighing over 23 kg) and brebis de boucherie (from an ewe between two and six years old, weighing over 22 kg). The sheep must have grazed for at least two summers on mountain pastures. The Presidium's aim is to spread awareness and appreciation for the free-range breed raised on pastures, whose unique geography, climate and botanical composition make them a true terroir to be protected and promoted.

Production area: 19 municipalities in the Hautes-Pyrénées between Barèges and Gavarnie, Midi-Pyrénées region
Presidium supported by: Midi-Pyrénées region

Basque Country and Seignanx Mild Chili Pepper

Imported from the Americas, this little pepper with its long form and delicate flavor is a typical plant in southern Aquitaine. It is cultivated mainly in the northern Basque Country and the town of Seignanx in the French province of Landes, where the ocean climate is particularly favorable. The bright green-colored fruit is pointed, with a very thin skin and a crunchy pulp. It has a sweet, delicate taste, and is not spicy. It is commonly found in regional cuisine: eaten raw in salads, used as a filling for omelets or cooked as a side dish for some traditional Basque recipes such as piperade (eggs, tomatoes and sweet peppers) and axoa (veal stew with tomatoes and sweet peppers).

Production area: Pyrénées-Atlantiques and Landes departments, Aquitaine region, northern Basque Country
Presidium supported by: European Leader and Feader projects, Aquitaine Regional Authority, Department of Pyrénées-Atlantiques, Arrapitz association

Basque Grand Roux Corn

Known also as Red Corn, Grand Roux is a corn variety native to the Basque Country. It has a long and unique history, found throughout the northern regions of the area, reaching back as early as the 16th century. It recently neared extinction due to the introduction of more productive hybrid varieties. In the 1990s, a farmer recovered the seeds in a convent in the southern Basque Country and traded them with other farmers who had continued to use the variety. Since then, the farmers have continued to conserve it. Today, Grand Roux corn – ever present in Basque cuisine – is used in the preparation of flour, cornmeal, breads and cornbread, as well as corn cakes (or talo).

Production area: Pyrénées-Atlantiques department, Aquitaine region, northern Basque Country
Presidium supported by: French Ministry of Agriculture, European Union, Leader, Pays de Lorient and Cap l'Orient municipalities, Conseil Général Morbihan Department, Conseil Régional de Bretagne region, Réseau Cohérence

Basque Pyrenees Mountain Cheeses

From May to October, shepherds take their herds to the mountains where they manage them collectively managed and process the milk in mountain huts known as etxola or cayolar in Basque. These highlands are where the traditional Basque sheep's milk cheeses, or bortuko ardi gasna (literally "sheep's cheese" in Basque). It is a pressed, uncooked-curd cheeses of varying weight and size are made from raw, full-fat sheep's milk. Amongst the other cheese is the Ossau-Iraty (a raw sheep milk PDO cheese made from the milk of three local breeds), which takes its name from the region between the Pic du Midi d'Ossau (Béarn) and the Irati forest (Basque country). In the highlands, the shepherds produce this particular cheese which has a very distinctive flavor, cylindrical shape and rind that varies in color from yellow-orange to ash grey. It is easily recognizable for the design of a mountain stamped on the rounds. The minimum aging period is from 80 to 120 days or more, when the cheese's flavor starts to become more distinctive.

BASQUE GRAND ROUX CORN PRESIDIUM © SLOW FOOD ARCHIVE

Production area: Irati mountain pastures, Pyrénées-Atlantiques department, Aquitaine region, northern Basque Country
Presidium supported by: European Leader and Feader projects, Aquitaine Regional Authority, Department of Pyrénées-Atlantiques, Arrapitz association

Béarn High Pasture Cheese

Every year in June, around eighty shepherds from the three valleys of Béarn (Ossau, Aspe and Barétous) lead their flocks of Basque-Bearn sheep to rich mountain pastures at an altitude of 900 to 2000 meters on the French side of the western Pyrenees. For three months they live in small stone huts and produce traditional tommes: pressed raw milk cheeses that can weigh over five kilograms. Some shepherds also bring a few cows to the pastures and continue to produce a "mixed" cheese, more delicate, but still soft and intense. After aging for at least four months in humid conditions, the tommes assume an attractive beige-orange color, becoming soft with a delicate aroma and persistent flavor.

Production area: Ossau, Aspe and Barétous valleys situated between 900 and 2000 meters, Pyrénées-Atlantiques department, Aquitaine region

Breton Pie Noir Cow

This beef and dairy breed derives its name from its black and white coat. It is a very hardy, disease-resistant breed suited to the poor pastures of southern Brittany. In the 1960s and 1970s it began to disappear from the region, but has recovered thanks to an effective protection program. About fifty producers now belong to the Union Bretonne Pie Noir. They practice extensive farming methods that respect the environment, develop direct relationships with consumers and promote traditional products such as fermented milk, salted butter and cream, as well as the breed itself.

Production area: The historical region of Brittany, including the departments of Côtes d'Armor, Finistère, Ille-et-Vilaine, Morbihan and Loire Atlantique
Presidium supported by: Union Bretonne Pie Noir

Gascon Chicken

With elegant slate-blue feathers and a reputation for meat of high quality and quantity, the Gascon chicken has always been a highly regarded bird in the farmyards of southwestern France. However since the 1950s, the breed has been gradually abandoned in favor of hybrids more suited to battery farming. The Gascon chicken owes its survival to a handful of farmers from the La Poule Gasconne association. They produce chicken (raised outdoors for 150 days), pullet (an unmated hen) and coq vièrge (an unmated rooster), as well as delicious small white eggs and the celebrated Gascon capon.

Production area: Ariège, Haute-Garonne, Gers and Hautes-Pyrénées departments, Midi-Pyrénées region
Presidium supported by: Midi-Pyrénées region

Gascony Mirandais Ox

Particularly suited to agricultural work requiring strength, docility and resistance to heat, the Mirandaise cattle breed, native to Gers, was widespread until the mid-20th century when it was abandoned due to agricultural mechanization. At the end of the 1970s only 150 cows and one purebred bull remained, but in the 1980s a program was launched to recover the breed. A small group of farmers working with the Presidium focused on producing meat from Gers Mirandaise oxen, aged over four years and fattened on cereals, Jerusalem artichokes and cooked beans. The resulting beef is of the highest quality with distinctive local character.

Production area: Gers department, Midi-Pyrénées region
Presidium supported by: Midi-Pyrénées region

Haute-Provence Einkorn

Einkorn (petit épeautre in French) was widely consumed in Roman times before being almost completely replaced by wheat. Just over a decade ago the grain began to gain new interest thanks to the plant's hardiness and adaptability, as well as its excellent flavor and nutritional value (it is particularly rich in protein and magnesium). The local variety of Haute Provence einkorn can be traced back to 9000 BC and is thought to have arrived from what is now western Turkey.

Production area: 235 municipalities, Alpes de Haute-Provence, Hautes-Alpes, Drôme and Vaucluse provinces, Provence-Alpes-Côte d'Azur and Rhône-Alpes regions
Presidium supported by: Provence- Alpes-Côte d'Azur region

Heirloom Itxassou Cherry Varieties

Springtime in the small village of Itxassou (in the French Basque Country) sees streets, private gardens and fields invaded by the colors and perfumes of cherry blossoms. Here the cherries are so numerous that up until the 1960s, during the four or five weeks of production, there was an open-air market every day. The three main local varieties are Peloa, Xapata and Beltza. Handpicked from mid-May until the end of June, the cherries are sold fresh at markets or on the side of the road, or made into jams. The cherries from Itxassou are also used as an ingredient in the cream for the Gateau Basque (a traditional desert made of flour, butter and almonds). Some producers also use them to make syrups and vinegars.

Production area: Itxassou municipality, Pyrénées-Atlantiques department, Aquitaine region, northern Basque Country
Presidium supported by: European Leader and Feader projects, Aquitaine Regional Authority, Department of Pyrénées-Atlantiques, Arrapitz association

Kintoa Basque Pig

The presence of a native pig breed with a coat with large black spots, a curved back and big floppy ears has been known since the time of the Kingdom of Navarre. The breed risked extinction in recent decades until a group of producers began breeding it again. Today there are around 3000 heads. It has a very docile temperament and is farmed outdoors in small herds, feeding only on acorns, chestnuts and ferns. Its meat is excellent, and producers make an extraordinary ham and traditional products like boudin (a blood sausage made with the pig's head, pork rind, onions and piment d'Espelette), chicons (pork breast and fat cooked over low heat for four hours and flavored with salt, pepper and piment d'Espelette), hure (pork head and rind, white wine, garlic, parsley and piment d'Espelette), bacon and cured jowl. The surface of the fat in ham and cured lard is firm, but oily and melting in the mouth, while the leaner meat is tender, soft and elastic. On the palate, Basque pork offers aromas of spices and nuts and sensations of velvety fat.

Production area: Pyrénées-Atlantiques department, Aquitaine region, northern Basque Country
Presidium supported by: European Leader and Feader projects, Aquitaine Regional Authority, Department of Pyrénées-Atlantiques, Arrapitz association

KINTOA BASQUE PIG PRESIDIUM © ELEONORA GIANNINI

Lorient Cabbage

Pays de Lorient, Brittany, has been home to the cultivation of the Lorient cabbage (kaol en Oriant in the local dialect) since 1890. The vegetable is a variety of savoy cabbage, sweet and with a soft texture. Perfect when paired with local smoked sausages in friko kao, the traditional cabbage soup, Lorient cabbage can also be served raw in a salad, pot roasted, sauté, stuffed and, of course, in choucroute. The introduction of curly kale and the general decrease of consumption have caused its production to progressively decline. The Presidium was created to restore value to the Lorient cabbage, promote it on the local market and provide producers with better economic perspectives.

Production area: Pays de Lorient, Brittany
Presidium supported by: French Ministry of Agriculture, European Union, Leader, Pays de Lorient and Cap l'Orient municipalities, Conseil Général Morbihan Department, Conseil Régional de Bretagne region, Réseau Cohérence

Manex Tête Noire Milk-Fed Lamb

The Manex Tête Noire sheep is the most rustic of the four breeds found in the Pyrénées-Atlantiques and has been an integral part of the Vallée des Aldudes landscape for centuries. The sheep's whole body is entirely covered in a thick coat of wool and the rams have spiraling horns. It is farmed primarily for its milk, and the sale of the lambs provides an important supplement to the incomes of families in the Garazi-Baigorri, Iholdi-Oztibarre and Soule regions. The lambs, which feed only on their mother's milk and live in an un-contaminated environment, represent an excellent traditional gastronomic product of the region.

Production area: Atlantic Pyrenees province, Aquitaine region, northern Basque Country
Presidium supported by: European Leader and Feader projects, Aquitaine Regional Authority, Department of Pyrénées-Atlantiques, Arrapitz association

Mediterranean Prud'homie

Prud'homie are ancient systems of collective management of fishery resources still active along the Mediterranean coast of France. Today there are 33 still in existence, including 4 in Corsica. The prud'homme – elected by a general assembly – are individuals that coordinate the activities of the community, manage fisheries in their territory and ensure the welfare of all fishers. The prud'homie play a fundamental role in the protection of marine resources: establishing limits on the amount of each species that can be caught and providing precise rules regarding the type of fishing gear permitted (based on factors such as mesh size and hooks). Each prud'homie is linked to a territory and its local fishing community. The Slow Food Presidium involves 17 fishers (13 boats), fishing for 80 species including sea bream, cuttlefish, eels, mullet, red scorpionfish, burbot, cod and mackerel, as well as some sole and turbot.

Production area: The stretch of the French coast between Le Brusc and Bandol, Var department, Provence-Alpes-Côte d'Azur
Presidium supported by: Brittany Regional Authority, Réseau Cohérence

Natural Breton Oysters

Brittany's Ria d'Etel inland bay and Gulf of Morbihan are two historical sites for oyster farming. The first systems for capturing naissain (babies, or spat) and farming them in the sea developed here in the 19th century, and now a small group of oyster farmers is fighting to save natural oysters (flat and creuse) from the invasion of triploids, genetically manipulated sterile oysters reproduced in the laboratory and marketable all year round.

Production area: Brittany
Presidium supported by: Brittany Regional Authority, Réseau Cohérence

Noir de Bigorre Pig

In the 1980s, the Bigorre black pig (Noir de Bigorre) population was dangerously low, with only two boars and around 30 sows left on farms in the Hautes-Pyrenees mountains. However, very slowly, the breed has now been brought back from the brink of extinction. Pork from Noir de Bigorre pigs is of excellent quality due to free-range farming practices and slow growth. Its cured ham has a rich flavor and an intense fragrance. Traditionally it is served in slices alongside a glass of the local wine, Pacherenc-du-Vic-Bilh.

Production area: Haute-Garonne, Hautes-Pyrénées and Gers provinces, Midi-Pyrénées region
Presidium supported by: Région Midi-Pyrénées

Northern Basque Country Cider

The cultivation of apples in the French Basque Country can be traced back to the Middle Ages; when it was so common that traces can be found documented in the inventories of middle-class families. Historically there were two typical zones for the cultivation of apples: one in the hinterland foothills - dedicated to apples for cider; and another in the town peripheries - dedicated to apples to sell at local markets and the numerous coastal ports. Today around 16,000 apple trees are still cultivated in the area, with some producers bringing the production of the traditional cider, Sagarnoa, back to life. The varieties of apples used for production, such as Anisa, Iarralde, Mamula, Eztika and Ondo Motxa, give the cider a high level of acidity which distinguishes it from the ciders of Normandy and Asturias.

Production area: Pyrénées-Atlantiques department, Aquitaine region, northern Basque Country
Presidium supported by: European Leader and Feader projects, Aquitaine Regional Authority, Department of Pyrénées-Atlantiques, Arrapitz association

Pardailhan Black Turnip

Pardailhan turnips have long been celebrated for their high quality; at the end of the 19th century the preserved turnips commanded high prices at international fairs. With black skin and white flesh, the turnips are beautifully tender with a subtle, sweet flavor with hints of hazelnuts and pine nuts, characteristics that come from the region's soil and microclimate. They can be prepared in many ways: raw with vinaigrette, caramelized, or sautéed in goose fat with a pinch of sugar.

Production area: various municipalities on the Pardailhan plain, Hérault department, Languedoc-Roussillon region

Pélardon Affiné

Pélardon is one of the 45 French AOC (controlled designation of origin) cheeses. Made from only whole raw goat's milk, the curd is not cooked and is obtained from acid coagulation.

MEDITERRANEAN PRUD'HOMIE PRESIDIUM © SLOW FOOD ARCHIVE

Pélardon is usually consumed after only 11 days of aging but the Presidium has brought together a small group of cheesemakers who have chosen to promote Pélardon Affiné, aged for at least one month. During aging, the thin rind becomes covered in white and blue mold, the cheese becomes more compact and crumbly, the aroma stronger and the flavor more complex and marked, with a pleasant, slightly bitter aftertaste.

Production area: Aude, Gard, Hérault and Lozére departments, Languedoc region
Presidium supported by: Département Hérault

Rousillon Dry Rancio Wine

Rancios wine is defined as "dry" as all of its sugars have been fermented into alcohol. The word rancios refers to the wine's aging in an oxidative environment, outdoors in oak barrels that are left only partially filled. The lightly toasted flavor has hints of vanilla, liquorice and walnuts. The wine could easily be enjoyed at the end of a meal.

Production area: Pyrénées-Orientales province, Languedoc-Roussillon region

Rove Brousse Goat Cheese

Traditionally prepared using milk from the Rove goat, a very rustic breed typical of the Provençal interior, Rove Brousse is a fresh unsalted cheese with a soft crumbly texture. It is made by heating milk to 90°C, letting it cool to no lower than 70°C and adding a little vinegar for coagulation. In recent years, industrial versions of Brousse, some even made using cow's milk, have entered the market. A small movement has formed in the area around Rove to defend the original version, made only from raw milk from Rove goats left out to pasture.

Production area: Bouches-du-Rhône, southern Vaucluse and western Var departments, Provence-Alpes-Côte d'Azur region
Presidium supported by: Provence-Alpes-Côte d'Azur region

Saint-Flour Golden Lentil

Written references to the golden lentil date back to the late 18th century, but the area around Saint-Flour, a key location for its cultivation, began to diminish in the early 1960s as milk production boomed and farmers switched to producing hay and silage. In 1997, when the lentils had almost disappeared, a small group of producers decided to start growing them again. Saint-Flour golden lentils cook quickly and readily absorb the flavors of other ingredients thanks to their thin skins. Pale green in color, sometimes flecked with brown, they have a sweet flavor. They never become floury and are easy to digest.

Production area: Cantal province, Auvergne region

GEORGIA

Georgian Wine in Jars

Georgia is one of the places where grapevines were first domesticated. The country's traditional wines differ greatly depending on how mountainous the wine-growing region is, the vinification method (with or without the skins and fermentation time) and which range of native grape varieties is used. But all are characterized by the unusual use of amphorae in the winemaking process. The wines are fermented and aged in large terracotta jars, made by local artisans following practices dating back to the dawn of winemaking. The jars are buried in the ground, kept in cellars or left outside.

Production area: Khakheti, Imereti, Kartli, Guria regions
Technical partner: Cammino Autoctuve Association

GERMANY

Bamberger Hörnla Potato

References to the heirloom Bamberger Hörnla potato date back to the late 19th century, but the variety is probably much older. Small, elongated and slightly curved, the potato has uneven bumps and hollows on its surface, and a smooth and silky skin with red streaks. The potato stays firm even after cooking, making it perfect for traditional local recipes like potato salad. It has bright yellow flesh and a nutty flavor.

Production area: Bamberg, Nuremberg, Kitzingen and Schweinfurt municipalities, Franconia region, northern Bavaria
Presidium supported by: Association for Promotion of Bamberger Hörnla, Bavarian Ministry for Food Agriculture and Forestry

Champagner-Bratbirne Pear Spumante

The Swabian Alb, a plateau in the southern Baden-Württemberg region, boasts an amazing diversity of rare and ancient fruit varieties, and the most extensive Streuobstwiesen (meadow with scattered fruit trees) landscape in Europe. It is here that the heirloom pear variety Champagner Bratbirne can still be found. A very fine sparkling wine has been produced using this fruit for more than 200 years. Delicate and rounded, with a long finish and an intense fragrance of ripe pears, the wine is produced using traditional methods and can be semi-dry, dry, brut or extra brut.

Production area: Göppingen, Esslingen and Stuttgart districts (pear trees); Schlat, Göppingen district (wine)

Franconian Grünkern

The use of Grünkern (dried unripe spelt) is an ancient country tradition in the arid Bauland of Bavarian Franconia and northeastern Baden- Württemberg, where the local Bauländer Spelz variety has long been grown. To make Grünkern, the spelt is harvested while unripe and dried in a wood- fired oven. A traditional ingredient in soups or Bratling (fried vegetarian patties), it has also recently been introduced into other traditional German recipes, such as Klösschen (potato and bread dumplings), Eintpöfe (meat and vegetable stews), salads and risottos, as well as cakes and biscuits. Once very common, Grünkern has gradually been replaced by wheat and other varieties of spelt.

Production area: Bauland, Bavarian Franconia and northeastern Baden-Württemberg
Presidium supported by: Vereinigung Fränkischer Grunkernerzeuger e.V. Schutzgemeinschaft Fränkischer Grünkern, Slow Food Heilbronner Land

LIMPURG OX PRESIDIUM© MURNAU WERDENFELSER

Limpurg Ox

The Limpurg ox is the oldest living bovine breed in Württemburg. The color of its coat ranges from pale tawny to red, and it has a powerful musculature and a fine bone structure. The pasture-raised oxen are exclusively fed hay during the winter, when they become extraordinarily large and heavy. Their beef is succulent and soft with a fine texture. At the end of the 19th century there were 56,000 heads of Limpurg cattle, but today the breed is at risk of extinction: there are just 650 registered animals left, 350 of them cows.

Production area: Limpurg district, Baden-Württemberg
Presidium supported by: Community Marketing Baden-Württemberg (MBW), Hohenlohe Gesellschaft, Slow Food Hohenlohe-Tauber-Main-Franken and Züchtervereinigung Limpurger Rind e. V. Convivia.

Swabian Alb Lentils

There are streets and villages in the Swabian region of southern Germany named after lentils, and archeological remains show that they have been grown here since 500 BC. One of the area's most typical dishes is based on lentils and spätzli. And yet, after peaking in the 19th century, cultivation of the legume was gradually abandoned until disappearing completely just after the 1950s. Then, in 2006, the traditional varieties (Alblinse 1 and Alblinse 2), which had been thought to be lost forever, were rediscovered in the catalog of the Vavilov Institute in Saint Petersburg. After traveling to Russia, participating in a handover ceremony and receiving the last precious seeds, a group of producers has started cultivating and selling the small, aromatic Alb lentils.

Production area: Between Albstadt and Aalen, Baden-Württemberg region, Swabian Alb

HUNGARY

Mangalica Sausage

The Mangalica pig breed (also called Mangaliza or Mangalitsa) was once prized across Hungary and in neighboring countries, particularly Romania, but over time it has gradually been replaced by modern crossbreeds. Its most peculiar characteristic is its long curly coat, usually white, but sometimes black and occasionally red. Some small farms still raise the pigs free-range on the Hungarian Pustza plain, supplementing their wild grazing with farm produce such as potatoes and pumpkins. Their meat is used to make a paprika-seasoned sausage according to traditional techniques.

Production area: Kiskunsàg county

IRELAND

Irish Raw Milk Cheeses

Four hundred years ago, Ireland boasted over thirty different types of cheese. Ancient texts naming and describing the cheeses once made in Ireland's lush green pastures date back to the 8th century; however the descriptions and names are very vague. In the 1970s an association of artisan producers reintroduced cheesemaking on a small scale in rural Ireland. The purpose of the Presidium is to encourage and support raw cow's milk cheese producers throughout Ireland and to widen appreciation for the product.

Production area: Ireland

HIGH MOUNTAIN HONEYS PRESIDIUM © PAOLO ANDREA MONTANARO

ITALY

ALPS

High Mountain Honeys

The three high-mountain honeys made in the Alpine arc – fir honeydew, rhododendron and wildflower – are all produced artisanally from at altitudes above 1,200 meters. The fir tree honey is made from resin collected by bees and is very dark in color. Less sweet than nectar honey, it has malted, balsamic nuances and a resinous aroma reminiscent of burnt wood and caramelized sugar. The rhododendron and wildflower honeys are pale in color with a fresh, delicate flavor. The Presidium was created to promote the honey made by beekeepers who take their hives into the mountains each summer.

Production area: mountains above 1200 m altitude
Presidium supported by: Aspromiele, Unaapi (National Union of Italian Beekeeping Associations)
Seasonality: summer production only, but honey is commercially available throughout the year.
Slow Food coordinator: Carmelo Rizzo – tel. 340 1590862 – carmexdesign@gmail.com
Producers' coordinator: Massimo Carpinteri – tel. 335 205763 – alberodellavitaapicoltur@tin.it

ABRUZZO

Campotosto Mortadella

Ovoid and connected in pairs with twine, this handmade charcuterie is very different from the industrial products found hanging in shops for tourists around central Italy. Only two producers still make Campotosto Mortadella according to tradition, using finely ground prime lean pork, salt, pepper and a secret mixture of herbs and spices. When sliced the mortadella is bright red in color with a central white cube of lard; the meat has a compact texture while the lard is sweet and crisp.

Production area: Campotosto municipality, L'Aquila province
Presidium supported by: Gran Sasso and Laga Mountains National Park
Seasonality: produced during the winter. The Presidium protocol stipulates a minimum maturation period of two months.
Slow Food coordinator: Silvia De Paulis – tel. 0862 60521 – silviadepaulis@gransassolagapark.it
Producers' coordinator: Ernesto Berardi – tel. 0862 909260 / 347 9402266 – ernesto.berardi@tiscali.it

Castel Del Monte Canestrato

The Gran Sasso mountain pastures were historically the destination for a seasonal migration of livestock, the transhumance. In past centuries the shepherds would climb up to the Campo Imperatore plateau in the spring with thousands and thousands of sheep, mostly of the Sopravvissana or Gentile di Puglia breeds. But each year the numbers declined as the herders were discouraged by the difficult conditions. The sheep's milk is used to make Canestrato, which ages from two months to a year. Its flavor is pronounced and piquant, and the pecorino is excellent eaten on its own or grated.

Production area: pastures on the southern slopes of Gran Sasso, L'Aquila province
Presidium supported by: Gran Sasso and Monti della Laga National Park
Seasonality: Canestrato is produced year-round. The Presidium protocol stipulates a minimum maturing time of 2 months for 1-2 kg forms, 8 months for the 5 kg forms and 15 months for the traditional 15 kg forms.
Slow Food coordinator: Silvia De Paulis – tel. 0862 60521 – silviadepaulis@gransassolagapark.it
Producers' coordinator: Giulio Petronio – tel. 333 5814030 – bioformaggi.gransasso@gmail.com

Santo Stefano di Sessanio Lentil

Just a few millimeters in diameter, with a thin, dark brown skin, the round Santo Stefano di Sessanio lentil is only cultivated on the slopes of Gran Sasso at altitudes over 1,000 meters above sea level. The small legume flourishes in the harsh environment; the winters are long and severe, the springs short and cool and the soil poor and chalky. Records of lentil cultivation in this area date back to monastic documents from 998 A.D.

Production area: Santo Stefano di Sessanio municipality and neighboring municipalities, L'Aquila province
Presidium supported by: Gran Sasso and Monti della Laga National Park
Seasonality: lentils are harvested in August, but dried are available all year.
Slow Food coordinator: Silvia De Paulis – tel. 0862 60521 – silviadepaulis@gransassolagapark.it
Producers' coordinator: Ettore Ciarrocca – tel. 338 8996070 – ettoreciarrocca@hotmail.com

Frentano Sausage

A historic cured meat from the upper and middle Sangro and Aventino valleys and the central Majella, Frentano Salsicciotto is a pork sausage characterized by a high percentage of lean meat and its flattened shape, making the slices rectangular. Salsicciotto is aged for up to three months and can also be conserved in oil or lard. The Presidium brings together the butchers who are still following this tradition and who use pork from pigs they raise themselves or which have been farmed locally.

Production area: Municipalities in the Frentano area
Presidium supported by: Gal Majella Verde
Seasonality: Frentano Salsicciotto is produced from autumn until late spring.
Slow Food coordinator: Michele Scutti – tel. 328 6256910 – michelescutti@hotmail.it
Producers' coordinator: Tiziano Teti – tel. 333 6651560 – guardata@virgilio.it

SANTO STEFANO DI SESSANIO LENTIL PRESIDIUM © SLOW FOOD ARCHIVE

BASILICATA

Basilicata Podolico Caciocavallo

Podolico Caciocavallo is made using the stretched-curd technique developed over centuries in the south of Italy to ensure the conservation and safe use of cow's milk cheeses. This cheese is especially prized because it is made from the milk of a rare local breed, the Podolica, and because it can be aged for as long as four or five years. After this time it develops an extraordinary complexity and a range of flavors that can only come from milk as good as that of the free-ranging Podolica cows.

Production area: Appennino Lucano and Collina Materana municipalities (Potenza and Matera provinces)
Seasonality: produced year-round
Slow Food coordinator: Francesca De Trana – tel. 333 3085762 – francescadetrana@tiscali.it
Producers' coordinator: Nicola Pessolani – tel. 0971 923021 – pessolaniantonio@gmail.com

Ferrandina Baked Olive

The first written references of baked olives produced in Ferrandina date back to 1700. To make them, the olives must first be blanched, then dry-salted and finally baked in the oven at around 50°C. This method accentuates the flavor of the olives and maintains the characteristic sweetness of the Majatica, a local cultivar particularly suited to this processing. The olives are excellent eaten on their own, with local cured meats or aged sheep's milk cheeses, or added to some regional dishes.

Production area: Accettura, Aliano, Cirigliano, Ferrandina, Gorgoglione, Salandra, San Mauro Forte and Stigliano municipalities, Matera province
Presidium supported by: Gal Le Macine
Seasonality: The olive harvest takes place from November to January. Once processed, the olives can be consumed until the next harvest.
Slow Food coordinator: Vito Trotta – tel. 340 6001837 – presidi@slowfoodcampania.it
Producers' coordinator: Angela Ciliberti – tel. 0835 675270 – info@lemacine.com

Materana Mountain Pezzente

The name of this cured meat recalls the "peasant" origins of this sausage, made exclusively from inferior cuts of pork, mixed with ground sweet and spicy peppers, wild fennel, fresh minced garlic and sea salt. Pezzente is usually enjoyed sliced with good country bread, but it is also added to tomato sauce for homemade pasta, or added to a flavorful dish of chicory, chard and escarole cooked in an earthenware pot.

Production area: Accettura, Aliano, Calciano, Cirigliano, Garaguso, Gorgoglione, Oliveto Lucano, Stigliano and Tricarico municipalities, Matera province
Presidium supported by: Gal Le Macine
Seasonality: produced from November to March. The minimum maturation is two weeks for sausages to be cooked and three weeks for raw consumpion
Slow Food coordinator: Vito Trotta – tel. 340 6001837 –presidi@slowfoodcampania.it
Producers' coordinator: Angela Ciliberti – tel. 0835 675270 – info@lemacine.com

Pantano di Pignola Red Bean

This bean ecotype flourishes in the extremely favorable microclimate a few kilometers from Potenza, around lake Pantano di Pignola. A large basin, surrounded by the Maddalena mountains, which are over 1,000 meters high, forms a kind of natural amphitheater. Temperatures in July, August and September never exceed 30°c, while the relative humidity is around 70%. The soil is also perfect for growing beans, well drained and highly productive due to its clayey-silty composition. The climbing plant produces a round, ovoid seed, beige in color with the dark red streaks that give it its name. After the Second World War, bean growing was replaced by livestock farming and young people gradually abandoned the countryside and went to work in the cities or the chemical industry that developed in the area.

Production area: Altitudes over 600 meters above sea level, Pignola municipality and some parts of the Abriola municipality, Potenza province
Presidium supported by: Funds raised by the Slow Food Chefs' Alliance project 2012
Seasonality: the harvest runs from around the first week of September (for fresh beans) to the beginning of October (when they are collected dry to be shelled).
Slow Food coordinator: Caterina Salvia – tel. 366 6572454 – c.salvia@legacoopbasilicata.it
Producers' coordinator: Luigi Ferretti – tel. 335 8353359 – archferretti@hotmail.it

Sinni Valley Signora Pear

Documented since the 18th century in the rural areas of Metapontino, the cultivation of the pear tree has played an important role over the centuries in the agricultural areas of Matera. Muscarelle, Muone, Lardere, Sciesciuu, Granete and San Giuvan are some of the local varieties in the area: several of them have particularly high organoleptic qualities, which have allowed them to be sold through intermediaries, until the 1950s, as far as the Naples area. The most interesting variety however, is the one that is widespread in the Sinni Valley: the Signora or Signura. With its delicate scent and texture is in fact perfect to eat as soon as it is harvested or excellent dried or processed into syrup or marmalade. The Presidium wants to protect the remaining trees in the area and encourage new cultivation.

Production area: Nova Siri, Rotondella, Sinni valley, San Giorgio, Tursi and Colobraro, Matera province
Presidium supported by: Gal Cosvel
Seasonality: the pear harvest starts in July, and continues progressively. Conserved, they can be eaten all year round.
Slow Food coordinator: Vito Trotta – tel. 340 6001837 – presidi@slowfoodcampania.it
Producers' coordinator: Domenico di Matteo – Tel. 349 2889292 – dimatteodomenico@gmail.com

SINNI VALLEY SIGNORA PEAR PRESIDIUM © GIUSEPPE CUCCO

CALABRIAN PODOLICA CATTLE PRESIDIUM © GIUSEPPE CUCCO

CALABRIA

Ciminà Caciocavallo

The technique for producing Caciocavallo cheese is similar across the region of Calabria in southern Italy; it is the pastures, climate, breeds and cheesemakers' hands that create the diversity in the cheeses. In Ciminà, for example, the Caciocavallo is a small, elongated cheese, closed with two knots forming two heads. Producers from Ciminà still coagulate their milk with kid's rennet, in most cases also adding a dash of goat's milk. After a few weeks of aging, the Caciocavallo gains persistent aromas of grass, yellow flowers and hazelnut. The aim of the Presidium is to increase the production of bigger Caciocavallo rounds, suited for a longer aging, in order to allow producers to expand beyond the local markets and allow their cheese become a resource for the development of the village.

Production area: Ciminà and Antonimina municipalities, and some parts of Platì (Cirella), Ardore (Bombile, Potito, San Nicola) and Sant'Ilario dello Jonio (Piccirillo) municipalities, Reggio Calabria province
Presidium supported by: Ciminà Municipality
Seasonality: produced all year, with the largest production from March to June. The minimum aging is one month.
Slow Food coordinator: Cristina Ciccone – tel. 333 8760415 – cooperativademetra@libero.it
Producers' coordinator: Rocco Siciliano – tel. 340 0651762 – sicilianorocco82@libero.it

Grecanico Azze Anca Capicollo

Capicollo is normally made from a pig's upper loin, but in this area, with its deep-rooted Greek-Calabrian traditions, it is made from the muscle of the pig's thigh, called the azze anca, massaged with a mixture of wild fennel seeds, chili pepper flakes and black pepper. Local traditions for curing pork – mainly from crossbred if not totally black pigs, raised in a free-range or semi-wild state in traditional structures called zimbe – date back to Homeric times. Winds from the Straits of Messina play their part in aging the meat, which should be left for at least six months to ensure high quality.

Production area: Grecanica area, Reggio Calabria province
Presidium supported by: Aspromonte National Park
Seasonality: production from November through March. The minimum aging specified by the Presidium protocol is 6 months.
Slow Food coordinator: Cristina Ciccone – tel. 333 8760415 – cooperativademetra@libero.it
Producers' coordinator: Francesco Riggio – tel. 0965 712304 / 345 0567144 – agririggio@libero.it

Belmonte Gammune

Belmonte is known for its extraordinary tomatoes, but here, as in the rest of Calabria, curing pork is also an important activity. One traditional product is Gammune, made from the inner part of the pig's leg (like Culatello), covered in a sweet pepper sauce and stuffed inside a pig's intestine. Gammune was traditionally saved for special guests and given as a present to village notables. Presidium Gammune is made from local Calabrian black pigs, a native breed raised in semi-wild conditions, rescued thanks to a regional project and protected by a consortium.

Production area: Belmonte Calabro municipality, Cosenza province
Seasonality: Gammune is made from December to February and must age for a minimum of 16 months. It can be found year-round.
Slow Food coordinator: Pier Macrì – tel. 335 8384713 – piermacri@gmail.com
Producers' coordinator: Mario Arlia – tel. 328 4620955 – marlias@libero.it

Saracena Moscato al Governo

Saracena Moscato is made by vinifying guarnaccia, malvasia, odoacra and moscatello grapes. Moscatello is a local variety that has never been officially registered. After the harvest, the first three varieties are pressed and their must is boiled. The must from the moscatello grapes, previously dried, is then added and the blend ferments in wooden barrels. After six or seven months, the wine is ready for bottling. The Presidium involves several producers who want to improve the overall quality of their production and make the cultivation of their vineyards more sustainable.

Production area: Saracena municipality, Cosenza province
Seasonality: Saracena Moscato is ready for bottling in the spring and is at its best for the following two years.
Slow Food coordinator: Donato Sabatella – tel. 347 5157765 – donato.sabatella@gmail.com
Producers' coordinator: Luigi Viola – tel. 0981 349099 / 340 1560166 – info@cantineviola.it

Calabrian Podolica Cattle

The Podolica cattle breed has ancient origins. Very hardy, it is farmed in the southern Apennines, from Campania to Puglia and down to the Calabrian mountains. It produces a small amount of high-quality milk, and is traditionally farmed for its meat. The cattle range free year-round, meaning that the beef is flavorful and rich in vitamins and minerals. The high carotene content gives the fat a yellowish tinge, and because of this, and its toughness compared to beef from other breeds, it is not given the appreciation it deserves. The Presidium wants to promote the work of a group of farmers, united in an association.

Production area: Sila plateau, Sila National Park, Cosenza, Catanzaro and Crotone provinces
Presidium supported by: Cosenza Provincial Authority, A.Pro.Zoo., Sila National Park
Seasonality: Podolica beef is available year-round.
Slow Food coordinator: Pier Macrì – tel. 335 8384713 – piermacri@gmail.com
Producers' coordinator: Rosario Scigliano – tel. 333 6482301 – rosarioscigliano@montagnaspa.it

CAMPANIA

Acerra Dente di Morto Bean

The cultivation of this cannellino bean in the countryside of Acerra is mentioned in a historic 1938 edition of the Touring Club guide, a data resource about Italian agriculture that today has unfortunately disappeared. It is a local ecotype, which found its ideal cultivation area in the volcanic, rich soils of Acerra. It has a particularly thin skin, excellent texture and intense

flavor. In the Neapolitan gastronomic tradition, it is particularly suited to the preparation of dishes such as soups and pasta with beans. During the last decades its cultivation had dropped dramatically, being continued only for household consumption. The Presidium aims to support a group of local producers that decided to resurrect the cultivation of the beans.

Production area: Acerra, Brusciano, Mariglianella, Marigliano, Castello di Cisterna and Pomigliano d'Arco municipalities, Naples province, and Maddaloni and San Felice a Cancello municipalities, Caserta province
Presidium supported by: Acerra Municipality
Seasonality: sown in spring, in April, or late, in July. Harvest takes place respectively in July and September-October.
Slow Food coordinator: Patrizia Spigno – tel. 081 8446048 / 335 5351275 – patspigno@hotmail.com
Producers' coordinator: Vincenzo Egizio – tel. 389 2713615 – scrivenzo@libero.it

Campanian Appennine Noble Milk

The meadows of the Appenninic areas in the provinces of Avellino and Benevento are known for their unique abundance of flowers and scents. Animals that feed on these pasture and locally grown hay produce a milk rich in aromas and with above-average levels of natural Omega-3 and conjugated linoleic acid. The Presidium supports a small group of farmers from Benevento area that decided to produce this milk according to strict animal feeding and wellbeing regulations: no silage, free grazing as long as weather allows and no GMOs. Milk is packed in cartons and sold as "Noble Milk from the Campanian Appennine" in selected stores in Campania.

Production area: Castelpagano municipality, Benevento province
Presidium supported by: Slow Food Campania thanks to a contribution from Campania Region
Seasonality: produced year-round, the milk is packaged twice a week and keeps for a maximum of 5 days.
Slow Food coordinator: Mariolina Boscarelli – tel. 389 1676352 – mariolina@lamiavacanza.com
Producers' coordinator: Giorgio Del Grosso – tel. 333 6572862 – giorgio.dlg@virgilio.it

Casalbuono Beans

Bean growing around Casalbuono has at least 800 years of history behind it. Heirloom varieties are now being protected and promoted by a project set up by a group of local guardian farmers, supported by the University of Basilicata and the Pontecagnano center for horticultural research, who continue the cultivation of seven varieties of beans, including the interesting climbing ecotypes *Panzariedde* and *San antere* – one beige and white, the other with reddish hues. Producers follow traditional agricultural practices; beans are selected by hand and stored naturally, often with a bay leaf.

Production area: Casalbuono, Salerno province
Presidium supported by: Casalbuono Municipality
Seasonality: available all year round dried
Slow Food coordinator: Vito Trotta – tel. 340 6001837 – presidi@slowfoodcampania.it
Producers' coordinator: Italo Bianculli – tel. 3471738193 – ibianculli@virgilio.it

Castellamare Purple Artichoke

Also known as the Schito artichoke, this blossom has green bracts with hints of purple. Traditionally, the first cluster (the mamma or mammolella) is placed under a terracotta cover to protect the plant from the elements and make it particularly tender and delicate. The artichokes are traditionally served on Easter Monday, having been grilled over charcoal and seasoned with salt, pepper, parsley, fresh wild garlic and olive oil. Or they can be prepared m'buttunata - stuffed with cheese, chopped salami, eggs, salt, pepper, parsley and stale bread.

Production area: Castellammare di Stabia, Gragnano, Pompei, Sant'Antonio Abate and Santa Maria La Carità municipalities, Naples province
Seasonality: harvest starts with the first fruits from late February and continues until April / May, with Easter coinciding with the peak season.
Slow Food coordinator: Rita Abagnale – tel. 081 8710157 / 339 1298903 carmelarita.abagnale@email.it
Producers' coordinator: Sabato Abagnale – tel. 081 8735300 / 347 1135440 – info@terraslow.it

Castelpoto Red Sausage

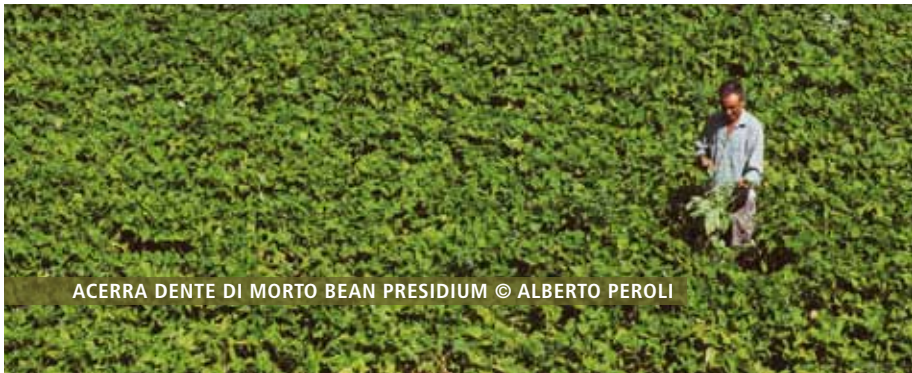
In Castelpoto, in the Sannio region, a sausage is produced following a traditional recipe which has been passed orally through the centuries between families in the village. The pork cuts used (ham, shoulder and belly) are ground and mixed with salt, wild fennel, garlic and ground chili papaulo. To make the chili powder, the peppers are picked while still unripe, dried in the shade then roasted in an oven fired by oak and olive wood before being ground. The mix is packed into a natural casing then left to dry and age in old village kitchens with wood ovens for 20-50 days.

Production area: Castelpoto municipality, Benevento province
Presidium supported by: Campania Region
Seasonality: production from November to April, with a minimum aging of three weeks.
Slow Food coordinator: Donatella Zampelli – tel. 328 1717531 – donatella.zampelli@virgilio.it
Producers' coordinator: Pierpaolo Maio – tel. 347 6198970 – maiopierpaolo@yahoo.it

Cicerale Chickpea

Terra quae cicera alit, "the land that feeds the chickpeas." So reads the motto on the coat of arms of the town of Cicerale, which depicts a chickpea plant intertwined with stalks of wheat. This small town in the Basso Cilento still produces small round chickpeas, slightly more golden in color than the common variety and with an intense flavor. They are celebrated at a special festival at the end of August, an opportunity to sample this little delicacy, grown without water or chemicals and harvested manually by hitting the dried plants with a wooden stick. The Presidium producers are joined together in an association and follow a production protocol, which dictates the cultivation techniques and controls the yield and packaging of the chickpeas.

Production area: Cicerale municipality, Salerno province
Presidium supported by: Municipalities of Cicerale and Cilento and Vallo di Diano National Park
Seasonality: The chickpeas are harvested in July and are available dried year-round.
Slow Food coordinator: Assunta Niglio – tel. 333 7039142 – assuntaniglio@tiscali.it
Producers' coordinator: Renato Corrente – tel. 320 0579986 – info@casaledenazzano.it



ACERRA DENTE DI MORTO BEAN PRESIDIUM © ALBERTO PEROLI

CILENTO CRACKED SALELLA OLIVE PRESIDIUM © GIUSEPPE CUCCO

Cilento Cacioricotta

Except for Mount Cervati and the Alburni plateau, which offer rich pastures for Podolica cows, the Cilento area is famous for its goats. Their milk is used to produce Cacioricotta, a unique cheese made using techniques that can also be found in Puglia and Basilicata. Its name comes from the coagulation of the milk, which is carried out partly with rennet (typical of cacio, cheese) and partly with heat (typical of ricotta). The cheese can be eaten fresh, in salads or with honey for example, or aged for grating.

Production area: Cilento, Salerno province
Presidium supported by: Cilento and Vallo di Diano National Park
Seasonality: made throughout the year, according to the specific breed characteristics, which allow a good or fair milk production without interruption throughout the year. The product can be eaten fresh (2/3 days), semi-mature or mature (up to 30/40 days).
Slow Food coordinator: Luigi Orlotti – tel. 339 2294763 – l.orlotti@gmail.com
Producers' coordinator: Filomena Merola – tel. 320 7046546 – fm.amaltea@yahoo.it

Cilento Cracked Salella Olive

No-one knows the origin of Salella olives, but they have been grown for centuries throughout the Cilento area. Before the olives have turned completely dark, they are used to make a by-now rare specialty, cracked olives. The fleshiest fruits are "cracked" using a stone from the sea or a special wooden hammer, and then pitted. They then undergo a long processing of washing and brining. Once ready, they are pressed to get rid of excess water and marinated with Salella oil, garlic and oregano. The Presidium wants to revive this tradition, encouraging Cilento olive growers to start producing the cracked olives again to help promote the Salella olive groves.

Production area: Cilento, Salerno province
Presidium supported by: Cilento and Vallo di Diano National Park, Municipality of Pollica, Municipality of Casalvelino, Municipality of Morigerati and Municipality of San Mauro Cilento
Seasonality: The olives to be cracked are picked in September, and once cured the olives are available year-round.
Slow Food coordinator: Assunta Niglio – tel. 333 7039142 – assuntaniglio@tiscali.it
Producers' coordinator: Gabriella Mazziotti – tel. 347 5007064 – gabriellamazziotti@libero.it

Controne Bean

The Controne bean is small, round and very white, without any marks or eyes on its very fine skin, and is known for its easy digestibility. It was introduced to the Valle del Calore in the first half of the 16th century by the Benedictine monks of the Abbey of San Nicola di Controne, and is still cultivated around this town near Salerno. The Presidium is composed of producers who continue to cultivate the beans in the traditional way in the original area. They are sown in the first ten days of July and harvested in November. At the bean festival organized every year in the last week of November, you can buy and taste typical local dishes made with the local beans: fagioli al tozzetto, fagioli e scarola, pasta e fagioli and lagane e fagioli.

Production area: Controne municipality, Salerno province
Presidium supported by: Annalisa
Seasonality: harvested from the end of October to mid-November and dried for year-round consumption.
Slow Food coordinator: Ernesto D'Alessandro – tel. 333 2810079 – er.dal@me.com
Producers' coordinator: Lucia Marilena – tel. 0828 772677 / 338 1541884 luciamarilena@libero.it

Diano Valley Soppressata and Sausage

In Campania, the butchery tradition of the Diano Valley is attested by centuries and has its roots in the local farming and herding, which have long been the agricultural focus of the area. The sausage and soppressata are characterized by the laborious selection and processing of the meat. The desired lean and fat cuts of pork are cut manually using a knife: shoulder, belly, loin and ham for the sausage and equal lean meat and lard from the back for the soppressata. After a drying and curing period of 30-40 days, the product is preserved traditionally in oil or fat, in glass jars or earthenware. The Presidium unites local butchers and farmers that continue to produce the sausage and soppressata according to traditional methods and that use pork from local farms that feed their animals with at least 60% locally produced feed and do not use feed containing GMOs.

Production area: Atena Lucana, Buonoabitacolo, Caggiano, Casalbuono, Monte San Giacomo, Montesano sulla Marcellana, Padula, Pertosa, Polla, Sala Consilina, San Pietro al Tanagro, San Rufo, Sant'Arsenio, Sanza, Sassano and Teggiano municipalities, Salerno province.
Presidium supported by: Diano Valley Mountain Community
Seasonality: The cured meat products are produced all year, except during the hottest summer months.
Slow Food coordinator: Francesca De Trana – tel. 333 3085762 – francescadetrana@tiscali.it
Producers' coordinator: Carmine Lisa – tel. 333 9942325 – info@santojacopo.com

Gioi Soppressata

Written references of Gioi Soppressata date back to 1835, and it is one of the oldest Campanian cured meats. It is made only from the finest cuts of pork, carefully trimmed of any cartilage and gristle. The meat is finely chopped with a knife, seasoned with salt and pepper and encased in pig's intestine. A piece of lard is inserted into the middle of the meat, giving the salami an attractive appearance and stopping it from drying out after being smoked.

CONTRONE BEAN PRESIDIUM © GIUSEPPE CUCCO

Production area: Gioi, Cardile, Salento, Stio, Gorga, Orria and Piano Vetrale municipalities, Salerno province
Presidium supported by: Cilento and Vallo di Diano National Park
Seasonality: production period from September to April, or for as long as the necessary conditions for processing and maturation persist.
Slow Food coordinator: Nerio Baratta – tel. 329 7507810 – xnba@xnba.it
Producers' coordinator: Vincenzo Infante – tel. 0974 991292 / 333 4259595 – marcoinfante@gioisrl.com

Ischia Cave Rabbit

These rabbits are raised in caves up to 3-4 meters deep, from which the rabbits dig their own warrens branching off from the caves. Their meat is firmer and tastier than caged rabbits. Used in many festive dishes, rabbit is the symbol of the deep bond of Ischia's population with their land. In the past, a traditional conigliata, a rabbit- based feast, would be held to celebrate the completion of a carusiello (domed) house.

Production area: Ischia Island, Naples province
Seasonality: available throughout the year directly from the producers.
Slow Food coordinators: Riccardo and Silvia D'Ambra – tel. 081 980604/994999 – s.dambra@libero.it

Menaica Anchovies

These anchovies are fished using an ancient technique that was once widespread throughout the Mediterranean but now continues in just a few isolated places, including the Cilento coast. Here, a group of fishermen go out at night with their traditional nets, which are called either menaica or menaide. Once delivered to the harbor, the anchovies are immediately washed in brine, then layered with salt in terracotta jars and left to rest for at least three months. Menaica anchovies are distinguished by their pale pink flesh and intense, delicate aroma.

Production area: Pisciotta and Pollica municipalities, Salerno province
Presidium supported by: Cilento and Vallo di Diano National Park
Seasonality: the anchovies are fished during the spring and summer, from March until August.
Slow Food coordinator: Vincenzo Pisani – tel. 339 4575002 – enzopisani@tiscali.it
Producers' coordinator: Francesco Puglia – tel. 340 3380231 – menaica@virgilio.it

PATERNOPOLI APRILATICO BROCCOLI PRESIDIUM © GIUSEPPE CUCCO

Neapolitain Heirloom Tomatoes

Even the most renowned vegetables can be at risk extinction. This was the case for the San Marzano tomato, an extremely delicate vegetable that is difficult to grow and process. When it is ripe, its fields release wonderful scents of cut grass and spices. The same aromas are experienced when eating the tomato. Dozens of ecotypes exist and they have been recovered from the vegetable gardens in the Naples area and selected by the researchers of the Campania Regional Authority. The Presidium has re-launched the San Marzano production and today producers grow fresh tomatoes as well as produce puree, other traditional preserves and tinned tomatoes.

Production area: Agro nocerino sarnese, Naples province
Seasonality: fresh tomatoes are harvested from July until the end of September, but the preserves area available throughout the year.
Slow Food coordinator: Patrizia Spigno – tel. 335 5351275 – patspigno@hotmail.com

Neapolitan Papaccella

The papaccella is a small sweet pepper, round and ribbed with a very thick skin that can be bright yellow, red or green. Young consumers often confuse them with regular peppers but older generations remember them well and never pass them up when they manage to find them in the market. The peppers are excellent when pickled or in a sweet-and-sour dish typical to Brusciano. The Campania Regional Authority has salvaged the germplasm and reproduces the seeds of the original variety in an experimental field, making them available to the Presidium producers to grow.

Production area: Agro Acerrano-Nolano, Naples province
Presidium supported by: Campania Region Agricultural and Productive Activities Department
Seasonality: Harvest lasts from late-July to the late-October
Slow Food coordinator: Vito Trotta – tel. 340 6001837 – presidi@slowfoodcampania.it
Producers' coordinator: Bruno Sodano – tel. 347 8070109 – aziendaagricolabrunosodano@yahoo.it

Paternopoli Aprilatico Broccoli

Vegetables have long been grown around Paternopoli. The area's horticultural fame comes from its fertile soil and many springs, mentioned as far back as the 18th century in reports about the area sent by bishops to Rome. Over the centuries the local market gardeners have selected a variety of spring broccoli, known as Aprilatico. An intense dark green in color, the broccoli is crisp-tender when raw and juicy, sweet and flavorful when cooked. Often cooked with homemade pastas like cicatelli and orecchiette or in the bread soup known as pancotto, the broccoli is also ideal as a side dish. The broccoli is harvested from the end of March, and if the weather is right it can be picked up until the middle of May. The broccoli stalks are picked while the flowers are still closed and then gathered into bunches.

Production area: Paternopoli municipality, Avellino province
Presidium supported by: Paternopoli Municipal Authority
Seasonality: End of March to mid-May
Slow Food coordinator: Luigi Tornatore – tel. 347 7555507 – luigi.tornatore2@gmail.com
Producers' coordinator: Quirino Di Benedetto – tel. 328 8930991

Roman Conciato

Perhaps the oldest cheese in Italy - thought to date back to the Samnite civilization – it is made by curdling sheep, cow, or goat milk with kid rennet. After the curd has been pressed by hand, salted and dried, the small forms are cured, or "conciate". One technique requires washing

VESUVIO PIENNOLO CHERRY TOMATO PRESIDIUM© GIUSEPPE CUCCO

the cheeses in cooking water from pettole, a type of homemade pasta, while another entails covering the cheese with a mixture of oil, vinegar, wild thyme and ground chili pepper. Roman Conciato tastes similar to Fossa cheese but with superior balance and fragrance.

Production area: Castel di Sasso municipality and surroundings, Caserta province
Seasonality: produced year-round depending on weather conditions, avoiding overly warm periods. The forms remain in the vessels for a period of 6 months to 2 years.
Slow Food coordinator: Nicola Sorbo – tel. 333 6728421 – n.sorbo@libero.it
Producers' coordinator: Liliana Lombardi – tel. 0823 878277 – info@lecampestre.it

Traditional Cetara Anchovy Extract

Traditional Cetara anchovy extract (colatura) is an amber-colored liquid made from anchovies fished in the Gulf of Salerno in the spring and summer. Immediately after they are caught, the anchovies are cleaned by hand and salted, then layered in wooden containers, called terzigni. After four or five months, the liquid that drips out from a small hole in the base of the container is collected and used as a condiment, particularly well suited to spaghetti or linguine. Presidium ancovy extract is sold in special glass bottles that bear the Slow Food Presidio logo and are numbered by hand.

Production area: Cetara municipality, Salerno province
Seasonality: the anchovies are fished from April to August, and the extract is produced over the following 4-5 months and available year-round
Slow Food coordinator: Giancarlo Capacchione – tel. 089 753535 / 329 6330371 g.capacchione@libero.it
Producers' coordinator: Pietro Pesce – tel. 0892 61474 /320 3263509 info@amicidellealici.org

Vesuvio Piennolo Cherry Tomato

Traditionally these tiny tomatoes, each weighing 20-25 grams, are hung in large bunches, called piennoli. They can be distinguished from the famous Pachino tomatoes by two grooves running down their sides and the point at one end called a pizzo. The skin of this tomato is thick and the flesh firm, compact and dried by the strong Vesuvius sun. Both its flavour and aroma become more intense with time.

Production area: municipalities on the slopes of Vesuvius, Naples province
Presidium supported by: Vesuvius National Park
Seasonality: harvest reaches its peak in July and August but the tomatoes can be stored in clusters or canned for year-round consumption
Slow Food coordinator: Patrizia Spigno – tel. 081 8446048 / 335 5351275 – patspigno@hotmail.com
Producers' coordinator: Saverio Bifulco – tel. 333 6275495 – info@eligofoods.com

EMILIA ROMAGNA

Cervia Artisanal Sea Salt

The origins of the Cervia saltworks are lost in ancient history, with some attributing their construction to Etruscans and others to the Greeks - given the Greek origin of the town's original name, Ficocle. In any case it is clear that salt production was already thriving in this area during Ancient Roman times. Today only one small traditional saltpan is still active, Camillone, which continues to use ancient techniques to produce an excellent salt with a sweet taste very suited to the production of norcine salami.

Production area: Cervia municipality, Ravenna province
Presidium supported by: Cervia Saltworks Park Society, Po Delta Regional Park, Emilia-Romagna Region
Seasonality: extractions are repeated throughout the summer season, from June to September.
Slow Food coordinator: Mauro Zanarini – tel. 335 375212 – maurozanarini@gmail.com
Producers' coordinators: Oscar Turroni – tel. 0544 977592 / 338 9507741 – musa@comunecervia.it
Giuseppe Pomicetti – tel. 0544 971765 – info@salinadicervia.it

Classic Mortadella

Presidium mortadella is made using only pork from large Italian pigs with a minimum of preservatives. It is flavored with salt, black peppercorns, ground white pepper, mace, coriander and crushed garlic before being cooked in ovens with a central temperature of 75 -77°C. The mortadellas are hand-tied and encased in pig bladders. When sliced, the meat is pale brown, not the common reddish-pink, with much more complex aromas and flavours.

Production area: Bologna province and municipalities around Ferrara
Presidium supported by: Emilia-Romagna Region
Seasonality: produced year-round.
Slow Food coordinator: Alberto Fabbri – tel. 370 3121569 – info@centoggi.it
Producers' coordinator: Dino Negrini – tel. 335 6254612 – dino.negrini@negrinisalumi.com

Cocomerina Pear

Known as "drunken pear", "watermelon pear" or, given its small size, the "Cocomerina" (little watermelon), when harvested late in the season, the flesh of this rare variety turns an intense red color. Fragrant, fragile and difficult to conserve, the Cocomerina pear is ideal for jam. Unfortunately there are very few trees remaining, and the variety is at risk of extinction. An association has been created to save this heirloom pear, harvesting all the fruit produced each year and making excellent jams.

Production area: Upper Savio valley, Ville di Montecoronaro and other areas in the Verghereto and Bagno di Romagna municipalities, Forlì-Cesena province
Presidium supported by: Cesenate Apennines Mountain Community, Emilia-Romagna Region
Seasonality: early variety is harvested from August to September the late variety in October.
Slow Food coordinator: Gianpiero Giordani – tel. 0547 361728 / 348 7682402 gianpierogiordani@libero.it
Producers' coordinator: Simone Mercatelli – tel. 338 4889728 – info@peracocomerina.it

Comacchio Valleys Traditional Marinated Eel

The first factories for producing marinated eels were established in the Po delta in the eighteenth century. Up until 1956, one company in Comacchio was still in operation and employed many workers. The eels were brought there live in wicker baskets – called bolaghe in local dialect – and were roasted in the factory's dozen fireplaces. The Presidium has helped recover this ancient product made by spit-roasting the eels and packing them in wood or tin vessels in brine – a mixture of

water, Cervia sea salt, white wine vinegar and bay leaf. The secret to the flavor of the marinated Comacchio eel is in the quality of the "wild valley eels" themselves, and the oak wood coals.

Production area: Comacchio valleys, Po Delta Regional Park, Ferrara and Ravenna provinces
Presidium supported by: Emilia-Romagna Region, Emilia-Romagna Po Delta Regional Park
Seasonality: eels are caught from October to December and are marinated only in winter. Preserved eels keep throughout the year.
Slow Food coordinator: Rita Valeria Finessi – tel. 339 1968720 – mava87@inwind.it
Producers' coordinator: Luigi Tomasi – tel. 0533 314003 – luigitomasi@parcodeltapo.it

Corno alle Scale Char

Related to brown trout and Arctic char, the Corno alle Scale char is named after a small nature reserve that bridges the Tuscan and Emilian Apennines. This char has white-edged fins, a brown back streaked yellow or olive-green, and flanks spotted with yellow or red ringed by blue, with firm white flesh. It is raised in spring water, without the use of antibiotics or other chemicals, in a historic early-20th-century fish farm.

Production area: Lizzano in Belvedere municipality, Bologna province
Presidium supported by: Emilia-Romagna Region
Seasonality: year-round availability.
Slow Food coordinator: Matteo Bernardini – tel. 348 8456401 matteo.bernardini@studiolegalebernardinileoni.it
Producers' coordinator: Giuliana Ori – tel. 348 3036696 – ilfondaccio@libero.it

Mariola

Mariola is one of the most traditional cured sausages made in the lowlands around Parma, Piacenza and Cremona. It can be cooked, but the Presidium promotes the raw, aged version, traditionally made from the Piacenza Apennines to the plains around Parma. Only good cuts of pork are used, packed in an intestine, which guarantees a long aging while keeping the meat soft; to this end diced bacon is also added.

Production area: Piacenza hills to the Parma plains, Piacenza province
Presidium supported by: Emilia-Romagna Region
Seasonality: production period from the start of autumn until the end of spring, when the lower temperatures favor the conservation of the meat. Aging for a minimum of 6 to a maximum of 12 months.
Slow Food coordinator: Monica Fornasari – tel. 347 0484263 – i_pippi@libero.it
Producers' coordinator: Domenico Salini – tel. 0523 916104 – info@fratellisalini.it

COCOMERINA PEAR PRESIDIUM © SLOW FOOD ARCHIVE

Modenese White Cow

The Modenese white cow, also known as the Val Padana, is descended from the Reggiana red cow, from which it began to diverge at the end of the 19th century. Today it is bred primarily for milk, but it was once also kept for its quality meat. The breed is recognizable by its bright white coat, black hooves and muzzle and black-tipped horns. Milk from the breed is excellent for the production of Parmigiano Reggiano. The Presidium's objective is to encourage the production of DOP Parmigiano Reggiano made only from milk from Modenese white cows and also to promote the qualities of the breed's meat.

Production area: Modena province
Presidium supported by: Modena Province, Emilia-Romagna Region
Seasonality: Modenese white cow Parmesan Reggiano is available year-round.
Slow Food coordinator: Nico Lusoli – tel. 335 5648046 – nico.lusoli@gmail.com
Producers' coordinator: Maurizio Nascimbeni – tel. 335 5353895 – nasci_mauri@libero.it

Mora Romagnola Pig

Romagna's native pig breed, the Mora Romagnola, once risked extinction, with numbers dropping from 22,000 in 1949 to just 15 a few years ago. The dark-brown pig has almond-shaped eyes and long tusks (particularly the males). Like many heritage breeds, Mora Romagnola pigs are sturdy, fatten well and are ideal for raising outdoors. The pig's flavorful meat is tender and compact, perfect for making cured meats like Culatello and Spalla Cruda.

Production area: Ravenna, Forlì-Cesena and Rimini provinces
Seasonality: the slaughter of pigs takes place throughout the year for the production of fresh meat, but preferably in the period from autumn to spring for the preparation of cured meats.
Slow Food coordinator: Lia Cortesi – tel. 335 5246363 – liacortesi@gmail.com
Producers' coordinator: Matteo Zavoli – tel. 338 6784019 – az.agr.zavoli@gmail.com

Romagnola Cattle

In 1953, there were around half a million Romagnola cows in Italy, grazing from Veneto to Marche. Today there are only 15,000, of which a few thousand are in the breed's historical region, the five valleys of Savio, Rabbi, Montone, Bisente and Tramasso in Romagna. Recognizable by their pale-gray coats, tending towards white with gray shading, they are impressively muscular with strong robust limbs. The females have black, lyre-shaped horns, while the males' horns are crescent-shaped. The Romagnola is more resistant to the elements than any other white breed and is well suited to pasturing. Their meat is also excellent, particularly the fatty and flavorful chops, as good as those from the more famous Chianina breed.

Production area: Forlì-Cesena province
Presidium supported by: Emilia-Romagna Region, Acquacheta Mountain Community, Foreste Casentinesi, Monte Falterona and Campigna National Parks
Seasonality: Romagna meat can be found all year round.
Slow Food coordinator: Gabriele Locatelli – tel. 0543 971590 / 380 5024260 – gabriele_locatelli@alice.it
Producers' coordinator: Pietro Tassinari – tel. 0543 956818 / 334 3598353 – azagr.prato@libero.it

Spalla Cruda

In other regions, pork shoulder is ground up to make salami and cotechino. But around Parma, it is used whole, with or without the bone, to make a very distinguished cured meat. Preparing spalla cruda ("raw shoulder") with the bone in and aging it for months requires expert charcuterie skills, especially because tradition requires the use of large shoulders, weighing at least three or four kilos. When properly prepared, it is extraordinary: sweet and fragrant, with notes of

chestnuts and good-quality meat, a barely perceptible hint of pepper and a whiff of oxidation.

Production area: Polesine, Busseto, Zibello, Soragna, Roccabianca, San Secondo Parmense, Sissa and Colorno municipalities, Parma province
Seasonality: Only produced during the colder months, from November to February, the deboned version ages for at least 10 months and the bone-in version for at least 14 months.
Slow Food coordinator: Davide Rovati – tel. 335 6162865 – daviderovati@infinito.it
Producers' coordinator: Massimo Spigaroli – tel. 0524 96136 – relais@acpallavicina.com

Tosco-Romagnolo Apennine Raviggiolo

For centuries, this rare cheese has been made in the valleys of the Romagna Apennines from the milk of local cows, by draining curdled milk and salting its surface without breaking the curd. Today in the Forlì valleys, some of which extend into the Foreste Casentinesi National Park, a few cheesemakers still make Ravviggiolo from raw milk. Due to its short shelf life, of no more than four days, it is only available during the production period from October to March. The cheese is white and soft, with a buttery consistency and a delicate, almost sweet flavour.

Production area: Tosco-Romagnolo Apennine municipalities, Forlì-Cesena province
Presidium supported by: Foreste Casentinesi, Monte Falterona and Campigna National Parks, Emilia-Romagna Region
Seasonality: Produced from October to March and can be eaten fresh only no later than 3-4 days after production
Slow Food coordinator: Luciano Neri – tel. 320 4309444 – lune@nillanilla.com
Producers' coordinator: Lorenzo Cucchi – tel. 339 8328061 – lory.cucchi@alice.it

Zibello Culatello

Zibello Culatello is one of Italy's noblest cured meats, due to its long and delicate processing and the use of one of the most prized cuts of pork: the boned muscular part of the hind legs. The Presidium brings together a handful of producers who are still making Culatello using strictly traditional methods, aging it for at least 18 months without refrigeration in natural environments like ancient cellars in its typical zone along the Po River near Parma.

Production area: Polesine, Busseto, Zibello, Soragna, Roccabianca, San Secondo Parmense, Sissa and Colorno municipalities, Parma province
Presidium supported by: Emilia-Romagna Region
Seasonality: the best time for production is from November to January; the Presidium protocol requires a minimum aging period of 18 months.
Slow Food coordinator: Davide Rovati – tel. 335 6162865 – daviderovati@infinito.it
Producers' coordinator: Massimo Spigaroli – tel. 0524 96136 – relais@acpallavicina.com

FRIULI VENEZIA GIULIA

Cosa Valley and Cavasso Onion

Bright red with golden highlights, Cavasso onions were once known and appreciated in all the surrounding towns and villages. Their cultivation was mostly a task for the women, who also wove the onions into braids called riesti. The women would sell them from carts, walking all over the Pordenone countryside and going as far as the Bassa Friuliana during hard times, when the onions could be traded for some corn. Abandoned for decades, cultivation was revived a few years ago, and the Presidium wants to protect and encourage production, preserving traditional practices like covering the seedbeds with corn stalks, cutting the top and roots for transplanting and tying the riesti with dried reeds.

Production area: Castelnovo del Friuli and Cavasso Nuovo municipalities, Pordenone province
Presidium supported by: Castelnovo del Friuli and Cavasso Nuovo municipalities, Chamber of Commerce of Pordenone
Seasonality: The onions are picked in August and once woven into braids they can keep all year.
Slow Food coordinator: Emanuele Zanon – tel. 338 3146702 – e.zanon@libero.it
Producers' coordinator: Claudio Zambon – tel. 339 8856976 – claudiozamboncz@libero.it; Gregorio Lenarduzzi – tel. 320 0135391 – gregorio.lenarduzzi@gmail.com

Fagagna Pestàt

The production of pestàt is a Friulian tradition that is particularly typical to the town of Fagagna. This small salami is made from minced lard enriched with finely chopped carrots, celery, parsley, onion, sage, rosemary, thyme, marjoram, and garlic. Today its production, in limited quantities, occurs during the winter months when the pigs are traditionally slaughtered. It is used as a soffritto, a seasoning base for meat dishes and soups, serving as a way to store the flavors of vegetables for up to a year.

Production area: Fagagna municipality, Udine province
Presidium supported by: Fagagna Municipality, San Daniele Agricultural Park, Udine Chamber of Commerce
Seasonality: production from November to March, during the pig slaughthering period.
Slow Food coordinator: Filippo Bier – tel. 0427 86189 / 335 6789205 – fibier@tin.it
Producers' coordinator: Luigina Missana – tel. 338 5081466 – info@casalecjanor.it

Formadi Frant

This cheese has humble origins, as it was traditionally made to salvage defective cheeses not suitable for aging. Three or four raw-milk cheeses of different ages are broken up, seasoned with salt and pepper and sometimes other spices, then mixed together with milk or cream. The mixture is wrapped in a cloth and placed in a cylindrical or square wooden mold before being aged for 30 to 40 days. The finished cheese has an intense aroma and a flavour that is both sweet and piquant.

Production area: Carnia, Udine province
Presidium supported by: Cirmont (International Mountain Research Centre), Carnia Mountain Community, Cividale Bank
Seasonality: varies among producers: some age the cheese for two months, others consume almost fresh, after only 15 days.
Slow Food coordinator: Filippo Bier – tel. 0427 86189 / 335 6789205 – fibier@tin.it
Producers' coordinator: Pietro Gortani – tel 0432 995365 / 335 5951446 – info@gortanifarm.it

COSA VALLEY AND CAVASSO ONION PRESIDIUM © ALBERTO PEROLI

Gorizia Rosa Radicchio

The climate and alluvial soil around Gorizia, in the Collio area of Friuli-Venezia Giulia, has historically made the town famous for vegetable-growing. A local variety of red radicchio (Cicorium inthybus) has long been cultivated in the town's market gardens and surrounding agricultural areas (particularly Sant'Andrea and San Rocco). The radicchio looks like a rosebud about to open, and is known as the "rosa di Gorizia", the rose of Gorizia. The leaves are an intense, bright red color, with shadings of pink and garnet, and have a crisp texture and strong, slightly bitter flavor. The area's oldest farmers remember always having grown this type of radicchio, which represented one of the few secure sources of income during the winter season for the mixed farms (vegetables, livestock, extensive cultivation) once common in the area.

Production area: Market gardens around Gorizia
Presidium supported by: Funds raised by the Slow Food Chefs' Alliance project 2012
Seasonality: Available December to February
Slow Food coordinator: Michela Fabbro – tel. 0481 522700 – info@rosenbar.it
Producers' coordinator: Carlo Darco Brumat – tel. 347 7837039 – carlobrumat@libero.it

Latteria Turnaria Cheese

The latteria turnaria, a type of cooperative dairy, was once common around Friuli. The tradition started in 1880, the year the "turnaria" system was institutionalized, and the first was opened in Maniago. They then spread by the score around the whole Friulian area.
In the latterie turnarie, members would take it in turns to make their own cheese , which they would then market themselves. The system, based on cooperative ideals, began to be abandoned following the Second World War, before being dealt a fatal blow by the 1976 earthquake. The subsequent reconstruction led to the closure of many dairies and a concentration of farms. The few remaining turnarie dairies managed to survive for a few decades but then began to close too, following the gradual disappearance of small family farms and an agricultural policy that pushed producers to merge dairies in order to obtain the certifications and quantities needed for national sales and export.

Production area: Friuli Venezia Giulia
Presidium supported by: Acque del Gemonese Ecomuseum, Municipality of Gemona, Municipality of Buja
Seasonality: all year round. Minimum aging two months.
Slow Food coordinator: Filippo Bier – tel. 0427 86189 / 335 6789205 – fibier@tin.it
Producers' coordinator: Etelca Ridolfo – tel. 331 1694015 – aclete@tiscali.it

LATTERIA TURNARIA CHEESE PRESIDIUM © VALERIE GANIO

Pan di Sorc

Gemona's traditional sweet and spicy bread comes from the influence of neighboring transalpine countries, as this northern Italian town is situated on the route to and from northern Europe. First baked by the families of seasonal workers in the Asburgic bakeries, pan di sorc was the bread of festivities, kneaded at home and then baked in the village's common oven. The dough is made from flour of the local cinquantino maize, rye and wheat, with chopped dried figs added. During recent decades the product had virtually disappeared due to the abandonment of the cultivation of cinquantino maize. The Presidium unites a few farmers with two mills and a bakery that uses a wood fired oven and natural yeast. The Ecomuseo delle Acque del Gemonese (Gemona Waters Ecomuseum), which re-discovered the variety, is now working to increase production by increasing the number of farmers involved.

Production area: Artegna, Buja, Gemona del Friuli, Majano, Montenars and Osoppo municipalities, Udine province
Presidium supported by: Acque del Gemonese Ecomuseum
Seasonality: : the bread is baked year-round.
Slow Food coordinator: Filippo Bier – tel. 0427 86189 **/** 335 6789205 – fibier@tin.it
Producers' coordinator: Etelca Ridolfo – tel. 0432 972316 – pandisorc@tiscali.it

Pitina

Pitina was once a way for peasants from the traditionally poor areas around Pordenone to preserve meat for the winter. Minced mutton, goat or venison was mixed with salt, garlic, black pepper, rosemary or wild fennel and juniper berries, then shaped in balls that would be dipped in cornmeal and smoked over a fogher, the typical valley fireplace. Pitina is usually eaten raw after at least a fortnight's aging but is also excellent cooked.

Production area: Tramontina and Cellina valleys, Pordenone province
Presidium supported by: San Giorgio and Meduno Credit Cooperative Bank
Seasonality: Production takes place from September to June, never in summer since flocks are grazing on summer pastures
Slow Food coordinator: Massimo Zecchin – tel. 335 6353176 – maxzecchin@gmail.com
Producers' coordinator: Filippo Bier – tel. 0427 86189 **/** 335 6789205 – fibier@tin.it

Radìc di Mont

In May, when the snow was receding, herders would take their flocks to the summer pastures in the Alps, at more than 1,000 meters, where they collected the tender wild chicory Cicerbita alpina. In Carnia it is known as radic di mont or radic dal glaz. Even today keen foragers will take their cloth bags and baskets and go up into the mountains in the spring to gather this wild delicacy. The shoots are preserved in oil and make an excellent complement to cured venison, carne salada (cured salted meat) or the juniper-smoked Prosciutto di Sauris.

Production area: Carnic Alps at altitudes above 1,000 meters, Udine province
Presidium supported by: Cirmont (International Mountain Research Centre)
Seasonality: harvested during a very short season of around 15 days at the beginning of May. When preserved in olive oil, available year-round.
Slow Food coordinator: Filippo Bier – tel. 0427 86189 **/** 335 6789205 – fibier@tin.it
Producers' coordinator: Luigi Faleschini – tel. 0428 91005 **/** 328 7633563 – faleschini@valcanale.com

Resia Garlic

Resia garlic, called strok in the local dialect, is a local ecotype, selected over the centuries in the Resia valley in the Julian Prealps. As a result of its isolated position, the Resia valley has

managed to preserve a unique culture and language of early Slavic origin, as well as a remarkable plant biodiversity. The garlic has a medium-sized bulb with pink-streaked skin, while inside the white cloves are firmly attached in a circular formation. This arrangement of the cloves in a single ring is unusual, as most other varieties have additional internal rings of cloves. There was once a flourishing trade in Resia garlic, sold in markets as far off as Ljubljana and Vienna.

Production area: Resia valley, Udine province
Presidium supported by: Cirmont (International Mountain Research Center), Julian Prealps Natural Park, Resia Municipality
Seasonality: harvested in late July, early August. The bulbs are woven or grouped in bunches to store the garlic until the end of winter.
Slow Food coordinator: Filippo Bier – tel. 0427 86189 / 335 6789205 – fibier@tin.it
Producers' coordinator: Laura Beltrame – tel. 335 5708226 – tuciza62@libero.it

LAZIO

Arsoli Bean

The Arsoli bean or "fagiolina" is part of a legume family that has been historically cultivated in the Aniene valley. The first true botanical classification was published in 1825 by Professor Gaetano Savi, but the introduction of the product in the area dates back to the era of Charles V of Aragon, the area from which it originates. It is called "fagiolina" for the small size of its white-colored seed and is characterized by a climbing growth plant that reaches 3.50 meters in height. The dry pod is harvested and hand-beaten by producers. As it has remained isolated in this natural corner of the Arsoli countryside, in the Valle del Fosso Bagnatore, the cultivation risked extinction in the last decades of the last century. Today, it has been saved by an older producer who passed on the seed to 14 producers that carry on the tradition.

Production area: Arsoli municipality, Rome province
Presidium supported by: Lazio Region, Roma Province, Arsoli Municipality
Seasonality: Harvesting takes place progressively from August to November, the dried product is available all year round.
Slow Food coordinator: Gabriella Cinelli – tel. 348 3029144
Producers' coordinator: Pietro Cerroni – tel. 327 5445197

Marzolina

This small cheese was once produced only in March when the goats had just started to produce milk, hence the name, which comes from the Italian name for the month, "marzo". Marzolina production had almost disappeared, but fortunately one of the last remaining cheesemakers passed her recipe on to young cheesemakers in the region. The long cylindrical cheese can be eaten fresh, though traditionally it is left for a few days on wooden racks before being packed in glass jars, sometimes in olive oil.

ROMAN COUNTRYSIDE CACIOFIORE PRESIDIUM © ALBERTO PEROLI

Production area: Lazio area of the Abruzzo National Park, Frosinone province
Seasonality: the best production of the fresh cheese occurs from March to May, but production can continue until August for aged cheeses in jars.
Slow Food coordinator: Matteo Rugghia – tel. 339 5724767 / 389 9922513 – ruma48@libero.it
Producers' coordinator: Loris Benacquista – tel. 335 1209233

Palestrina Giglietto Biscuit

A biscuit from the Roman confectionery tradition, the palestrina giglietto was eaten by nobles around the capital for centuries. It most probably owes its name to its characteristic lily shape, the heraldic symbol of the Bourbon dynasty in France. There are numerous stories about its arrival from France, although it is almost certain it was introduced by the Barberini family, who fled to French territory in the mid-17th century. Despite the simplicity of the ingredients and the short cooking time, making the Giglietto requires precise manual skills, passed down through the few families that now carry on its production.

Production area: Palestrina and Castel San Pietro municipalities, Rome province
Presidium supported by: Lazio Region, GAL Castelli Romani, Palestrina Municipality and Castel San Pietro Municipality, Roma Province
Seasonality: It is available throughout the year.
Slow Food coordinator: Michele Ferracci – tel. 339 8784051
Producers' coordinator: Diana Cortese – tel. 349 4444370

Priverno Chiacchietegli Broccoli

In the lowland areas of the municipality of Priverno, near the river Amaseno, a local variety of broccoli called locally Chiacchietegli (Brasica Oleracea) is cultivated. Characterized by a violet color and particularly delicate taste, this variety is distinguished by its very thin and ramified stems. Its cultivation is delimited to the plain that extends from under Priverno up to the slopes of the neighboring towns: actually, the plantations are very few and looked after by small producers or market gardeners mostly from older generations. The average age of the remaining ten or so producers as well as the introduction of other varieties that are similar to Chiacchietegli but not native to the territory (such as Calabrian or Sicilian broccoli), could compromise the purity of the seed, as well as its cultivation.

Production area: Priverno municipality, Latina province
Presidium supported by: Lazio Region, Priverno Municipality
Seasonality: It is progressively harvested from the end of December until the end of March.
Slow Food coordinator: Tommaso Iacoacci – tel. 392 2766503 – tommaso.iacoacci@gmail.com

Rascino Lentil

The Rascino lentil is cultivated exclusively on its namesake plateau, at a height between 1600 and 1800 meters above sea level. The vast basin that forms the plateau has remained completely untouched by human settlements. Here there is also the natural water spring that gives life to the aqueduct of Peschiera which arrives in Rome. Agricultural activity that involves the use of chemical products is banned, and crops are completely free of herbicides, fertilizers and pesticide treatments. There are about 20 producers that are members of the Raschino Lentil Association. Three producers use seeds that have been handed down through their families.

The Rascino lentil is a microsperma (small-seeded) type, with seeds ranging in color from light red to green to beige. It has Middle Eastern origins.

Production area: Rascino plain, Fiamignano municipality, Rieti province
Presidium supported by: Lazio Region, Fiamignano Municipality, Fiamignano Pro Loco, VII Salto Cicolano Mountain Community
Seasonality: The harvest takes place in August and the dried product is available all year round
Slow Food coordinator: Edoardo Isneghi – tel. 320 8315708 – edoardoisneghi@gmail.com
Producers' coordinator: Pietro Calderini – tel. 338 7216408 – calderinip@live.it

Roman Coastline Tellina

The stretch of coast from Passoscuro to Anzio has been known since Roman times for the quality and fineness of its sand, a characteristic that has always ensured an abundant source of tellina clams. Sweeter and more delicate than other mollusks, they are a symbol of the local cuisine and are commonly eaten on bruschetta. The small clams are only harvested by boat or using handheld rakes, which are usually handmade by the fishermen themselves. The Presidium brings together members of the cooperatives along the coast who still harvest the clams from small boats, moving along the shoreline when the sea is calm.

Production area: Roman coastline from Passoscuro to Anzio, Rome province
Presidium supported by: Fiumicino and Anzio Municipalities
Seasonality: harvested year-round when the sea is calm, except during fishing bans in April.
Slow Food coordinator: Francesca Rocchi – tel. 335 320031 – presidente@slowfoodlazio.it

Roman Countryside Caciofiore

In Roman times the use of wild thistles in the cheesemaking process was quite common. A few cheesemakers are now trying to revive this tradition in the Roman countryside, where artichokes and thistles flourish. The Slow Food Presidium supports four shepherds, some of whom take their flocks annually to summer pastures, who have been experimenting with the use of rennet derived from specially cultivated thistle flowers, making raw sheep's milk cheeses that recapture ancient flavors. Until a few years ago, Caciofiore was still produced in the Abruzzo and Marche regions, but it originated in Lazio.

Production area: rural areas around Rome
Presidium supported by: Rome Chamber of Commerce, Azienda Romana per i Mercati
Seasonality: the production period is from October to June.
Slow Food coordinator: Barbara Santangelo – tel. 333 9483109
Producers' coordinator: William Loria – tel. 06 69792437 – w.loria@romamercati.com

RASCINO LENTIL PRESIDIUM © VALERIE GANIO

Vallepietra Giant Bean

In Vallepietra, a narrow valley in the Monti Simbruini mountain range, a climbing bean with a very large white seed has been cultivated for generations. The area is characterized by numerous natural springs that for centuries have allowed the cultivation of this product, which today characterizes the entire landscape and local gastronomic tradition. Grown on terraces that start from the lowest part of the valley and go as far as the slopes of the rocky parts, cultivation has dropped and many plots are now grassland. Twenty or so producers gathered in the Simbrivio Valley Consortium have recovered the cultivation of the Vallepietra bean, along with that of other traditional legumes.

Production area: Vallepietra municipality, Rome province
Presidium supported by: Lazio Region, Vallepietra Municipality, Simbruini Mountains Regional Park, Roma Province
Seasonality: The harvest takes place in October, the dried product is available all year round.
Slow Food coordinator: Francesca Litta – tel. 333 9168733 – flitta57@gmail.com

Viterbo Susianella

The recipe for Susianella, a traditional cured meat from the city of Viterbo, dates back to Etruscan times. Made from pork heart, liver, pancreas, belly, jowl and other offcuts, the meat is ground and seasoned with salt, pepper, chili, wild fennel and other spices. The natural pork casing is tied by hand, and the Susianella is aged for a period that can range from 20 days to six months. The Presidium was established to preserve the small-scale production of Susianella, and to encourage other butchers to return to making this traditional delicacy.

Production area: Viterbo municipality
Presidium supported by: Arsial Lazio
Seasonality: traditionally produced in the winter months like all cured meats, today it is produced year-round.
Slow Food coordinator: Patrizio Mastrocola – tel. 0761 303355 – winedoc@tin.it
Producers' coordinator: Mauro Stefanoni – tel. 0761 250425 / 338 6755058 stefanonifratelli@libero.it

LIGURIA

Albenga Violet Asparagus

The large spears of Albenga violet asparagus are deep purple in color, fading to cream at the base of the stalk. This unique variety is cultivated manually and harvested from mid-March to June. Soft and buttery, without the stringiness of some other varieties, this asparagus is excellent briefly boiled then dipped in extra-virgin Taggiasca olive oil or as an accompaniment to more subtly flavored dishes, such as boiled, steamed or roasted fish; white meat or refined sauces.

Production area: Albenga plain, Savona province
Seasonality: harvest in open fields starts in March and may extend beyond the end of June; cultivation of crops in heated plots cannot begin before December and cannot continue beyond April.
Slow Food coordinator: Alessandro Scarpa – tel. 0182 583857 / 331 6263880 – sandro.shoe@libero.it
Producers' coordinator: Marisa Montano – tel. 0182 931059 – aziendamontano@alice.it

Badalucco, Conio and Pigna Beans

Grown on terraces inland from Imperia, these three bean varieties are very similar, with just small differences in size and shape. Pigna beans are kidney-shaped and slightly larger than Conio and Badalucco, which are oval-shaped and smaller. All are fleshy, soft and delicate, and excellent fresh or dried. They are best boiled and served with extra-virgin olive oil, while the most typical local recipe pairs the beans with goat.

Production area: Badalucco, Montalto Ligure, Castel Vittorio and Pigna municipalities and the village of Conio in Borgomaro municipality, Imperia province
Presidium supported by: Badalucco, Conio and Pigna Beans Consortium
Seasonality: the pods are harvested from mid-September until mid-October and dried beans are available year-round.
Slow Food coordinator: Luciano Barbieri – tel. 338 2882040 lucienbarbieri@fastwebnet.it
Producers' coordinators: Roberto Rebaudo – tel. 347 3223375 – info@alpagan.it
Marco Brezzo – tel. 349 5668892 – brezzo.m@libero.it
Anna Librando – tel. 328 6948620 – anna.librando@gmail.com

Bitter Orange Flower Water

Until the 1950s, the landscape of Vallebona was characterized by bitter orange tree orchards, as was typical in areas close to the French border. In late spring, women and girls used to come to the gardens to pick the freshly blossomed orange flowers and bring them to local distilleries. Bitter orange flowers are used for an extract of essential oil for cosmetics, while the water is consumed as a drink or used in the preparation of sweets. The rise of synthetic flavorings and frost damage to the trees over the last thirty years have almost brought this production to extinction. The Presidium was created to support a young distiller who is reviving this production. The aim is to involve local farmers and bring bitter orange trees back to Vallebona.

Production area: Vallebona municipality, Imperia province
Presidium supported by: Carige Foundation – Sea and Land of Liguria project
Seasonality: flowers are harvested in May and the water must be allowed to stand for at least two weeks before being bottled.
Slow Food coordinator: Luciano Barbieri – tel. 338 2882040 – lucienbarbieri@fastwebnet.it
Producers' coordinator: Pietro Guglielmi – tel. 339 1277887 – lavecchiadistilleria@email.it

Brigasca Sheep Toma

The Brigasca sheep is a local breed from the cross-border region of Liguria and Piedmont in Italy and Provence in France. Descended from the same stock as the Frabosana and Langhe breeds, the Brigasca is a hardy sheep, perfectly adapted to the traditional rearing system, which includes a minimum of six months in alpine pastures. Its milk is used to make three different cheeses - Sora, Toma and Brus. The cheesemaking techniques and tools are closely linked to the ancient tradition of transhumance, the seasonal migration of livestock.

Production area: Imperia valleys and mountain pastures near the French border
Seasonality: cheesemaking occurs year-round, particularly from January to October
Slow Food coordinator: Pietro Garibbo – tel. 377 1601301 – pietro.garibbo@poste.it
Producers' coordinator: Maurizio Bazzano – tel. 019 599767 / 333 1035799
mauriziobazzano.apasv@quipo.it

ALBENGA VIOLET ASPARAGUS PRESIDIUM © PAOLO ANDREA MONTANARO

Cabannina Cow

The Cabannina is the only truly authentic native Ligurian cattle breed, originating in the Aveto valley inland from Chiavari. Here there is a small hamlet in the Rezzoaglio municipality called Cabanne, where the inhabitants of this handful of houses are said to have selected the best animals over time. At the beginning of the 19th century there were about 40,000 Cabannina cows, however today fewer than 300 remain. It is a small hardy breed, with a dark coat displaying a characteristic light stripe on its back. Very recently saved from extinction, the breed is well adapted to the poor pastures of the area and its milk is used to produce a traditional raw-milk cheese.

Production area: Aveto valley, Genoa province
Presidium supported by: Carige Foundation – Sea and Land of Liguria project
Seasonality: Cabannina cheese is available year-round; the Presidium protocol stipulates a minimum aging period of 60 days.
Slow Food coordinator: Giancarlo Marabotti – tel. 335 8180625 – gcmarabotti@libero.it
Producers' coordinator: Paolo Castagnola – tel. 347 7357884 – casta.birillo@hotmail.it

Camogli Tonnarella

The centuries-old tonnarella of Camogli still uses traditional fishing methods, albeit no longer to catch tuna but other species. Fishing nets made of coconut fiber are cast at sea for about six months, from April to September, and raised three times a day - at dawn, in the morning and in the afternoon. The nets only catch medium-large sized fish, making it a highly sustainable method. The tonnarella in Camogli is the last operating in the Liguria region and is one of the few remaining in all of Italy. The Presidium was created to support the activities of fishers who still maintain this tradition.

Production area: Punta Chiappa, in the sea near Camogli, Genova province
Presidium supported by: Carige Foundation – Sea and Land of Liguria project
Seasonality: the nets are lowered into the sea for about six months, from April to September.
Slow Food coordinator: Stefano Angelini – tel. 010 2345257 – sangelini@costaedutainment.it
Producers' coordinator: Mario Mortola – tel. 0185 772600 – copescamogli@libero.it

Dried Calizzano and Murialdo Chestnut

The tradition of drying chestnuts in tecci, small stone huts with roof shingles, was once common in valleys throughout the Ligurian Apennines and Piedmontese Alps, and lives on in the Bormida valley. The chestnuts are smoked for about two months over low fires fueled by chestnut prunings and husks. They are either eaten dried, after being softened in a little milk, or used in baking, preserves and ice cream. At Christmas, it is traditional to eat viette, dried chestnuts soaked in water for five hours.

Production area: Upper Bormida valley, Savona province
Seasonality: harvested from mid-September to mid-November; fire-dried chestnuts and products made with them are available year-round.
Slow Food coordinator: Luca Ghisolfo – tel. 346 4912200 – ghiso79@libero.it
Producers' coordinator: Paolo Riolfo – tel. 335 1349845 – coopilteccio@gmail.com

Noli Gulf Artisanal Fishers

In the town of Noli, on the Ligurian coast, fishing has played a dominant role for nearly eight centuries. Up until the 1960s most of the town's women still worked in the local "friggitorie" (stores selling fried fish). There were six in total, one in each neighborhood. Every morning, at 6 am, the women would start frying sea bream, picarel and eel; before drying them on cloths and placing them in circular cans. At 4 pm they would take the train to Turin or Mondovì. The Presidium fishers belong to a cooperative founded in Noli at the beginning of the twentieth

century. They go out in small boats, fishing with nets, such as traditional trammel nets, longlines and pots.

Production area: Noli, Savona province
Seasonality: fishing is done throughout the year, the catch varies according to the season
Slow Food coordinator: Claudio Varino – tel. 339 5095440 – claudio.varino@comune.noli.sv.it
Producers' coordinator: Marco Luigi Bazzardi – tel. 347 7072737 – marco.bazza@hotmail.it

Perinaldo Artichoke

Originally from Provence and brought to Italy by Napoleonic troops, this hardy variety is tolerant of low temperatures and drought and does not need any chemical treatments. The consortium brings together seven producers who cultivate the artichoke, which has spineless purple flower heads that are picked from May to June. A production protocol regulates the growing methods and guarantees traceability.

Production area: Perinaldo municipality, Imperia province
Presidium supported by: Liguria Region, Perinaldo Municipality, Intemelia Mountain Community, Altavia
Seasonality: harvested between May and June but can be found throughout the year preserved in oil.
Slow Food coordinator: Luciano Barbieri – tel. 0184 996162 / 338 2882040 lucienbarbieri@fastwebnet.it
Producers' coordinator: Francesco Guglielmi – tel. 0184 672234 – francescogugliemi@alice.it

Rose Syrup

Apart from a few excellent artisanal examples, most of what is found on the market is of poor quality, made using coloring, artificial flavoring, glucose and preservatives. Artisanal syrup, made from nothing but an infusion of rose petals, water, sugar and a little lemon, is a rarity. The Presidium unites those who are still making the syrup according to the traditional Genoese recipe, using only natural ingredients and rose petals grown with sustainable cultivation methods, far from sources of pollution.

Production area: City and province of Genoa
Seasonality: harvested between May and June but can be found throughout the year preserved in oil.
Slow Food coordinator: Giancarlo Marabotti – tel. 335 8180625 – gcmarabotti@libero.it
Producers' coordinator: Antonella Librandi – tel. 010 2474574 – romanengo@romanengo.com

Savona Chinotto

This small evergreen citrus (Citrus aurantium var. myrtifolia) is of Chinese origin but has grown along the Savona coast since the 16th century. It develops few branches that yield an incredible quantity of flowers and fruit. As they ripen, the clusters of fruit turn from bright green to orange, releasing an intense and unmistakable perfume, a distinctive sign of the exceptional shelf life of the fruit. The small, somewhat bitter, thick-skinned chinotto are candied or transformed into preserves or liqueurs.

Production area: the Riviera area from Varazze to Finale Ligure, Savona province
Presidium supported by: Savona Municipality
Seasonality: harvested from mid-September to late November, the fruit are also processed for consumption during the year.
Slow Food coordinator: Carlo Brignone – tel. 019 65998 / 338 4489118
Producers' coordinator: Alessandro Parodi – tel. 019 692441 / 339 2665855 parodichinotto@gmail.com

Valleggia Apricot

A celebrated traditional product since the end of the 19th century, Valleggia apricots, grown in the coastal area near Savona, enjoyed peak popularity in the 1960s. At this time they were also exported in special trains to foreign markets, particularly Switzerland and Germany. However the demands of orchard management and competition from other more productive and manageable varieties led to the abandonment and removal of orchards to make way for nursery gardens or residential buildings. The Valleggia apricot has a distinct thin orange skin with small red spots. It is easily recognizable not only for the color, but for its aroma and flavor which are far more intense than other varieties on the market.

Production area: the coastal strip from Loano to Varazze, Savona province
Presidium supported by: Carige Foundation – Sea and Land of Liguria project
Seasonality: harvested from mid-June to mid-July, and available as a preserve year-round.
Slow Food coordinator: Massimo Becco – tel. 335 380383 – massimo.becco@gmail.com
Producers' coordinator: Franco Rossello – tel. 019 853881 – rossello@leriunite.it

Vara Valley Black Chicken

In the Vara valley, inland from La Spezia, a small group of farmers are protecting a local breed that almost disappeared after WWII. Selected in 1929 from the Provincial Poultry Facility of Genoa, it is a very large breed, docile and an excellent brooder, with completely black plumage and a metallic green sheen. It has a large bright red comb with five points. These birds are raised outside on a diet of grains and reach a slaughter weight after just 10 months - about four kilograms for hens and six for roosters. The quality of the meat is excellent.

Production area: Vara valley, La Spezia province
Presidium supported by: Carige Foundation – Sea and Land of Liguria project
Seasonality: available from November until February.
Slow Food coordinator: Silvano Zaccone – tel. 347 4657039 – ilcigno2004@alice.it
Producers' coordinator: Giovanna Simonelli – tel. 349 8181269
Luca Benatello – tel. 338 2052089

NOLI GULF ARTISANAL FISHERS PRESIDIUM © MARCO CASONATO

ROSE SYRUP PRESIDIUM © ALBERTO PEROLI

Vessalico Garlic

Vessalico, a tiny village in the Upper Arroscia valley, is home to an ancient variety of garlic. Cultivation is entirely manual and harvested bulbs are woven into long, intricately laced braids called reste, which can be stored for many months due to the variety's excellent conservation properties. The garlic is intensely flavored, with a slight spiciness and a delicate aroma, and is the essential ingredient in one of the area's most typical dishes: ajè, a mayonnaise made with extra-virgin olive oil and garlic crushed in a mortar. Every year on July 2 the garlic is celebrated in a popular festival that has been held for more than two centuries.

Production area: Arroscia valley, Imperia province
Presidium supported by: Upper Arroscia Valley Mountain Community, Imperia Province
Seasonality: harvest occurs after June 20 and the dried bulbs can be kept until March.
Slow Food coordinator: Pietro Garibbo – tel. 377 1601301 – pietro.garibbo@poste.it
Producers' coordinator: Roberto Marini – tel. 338 6710534 – roberto48@libero.it

LOMBARDY

Bagolino Bagòss

The inhabitants of Bagolino, a small village in the Caffaro valley near Brescia, are known as Bagossi. Bagòss is also the name of the cheese produced in the valley, a unique raw-curd cheese made from semi-skimmed raw milk. Bagolino Bagòss wheels are larger than those of normal mountain 'tome' cheeses, with each one weighing around 16-18 kilograms and up to 20-22 kilograms. This cheese begins to fully express its complexity after a minimum of 10-12 months of aging.

Production area: Bagolino municipality, Brescia province
Presidium supported by: Bagolino Municipality, Bagolino Valley Cooperative, Sabbia Valley Mountain Community, Brescia Province
Seasonality: Bagoss is produced year-round; the minimum aging period specified in the Presidium protocol is 18 months
Slow Food coordinator: Gianni Briarava – tel. 365 20308 / 335 8153632
gianni.briarava@gmail.com
Producers' coordinator: Francesco Stagnoli – tel. 0365 99786 – segreteria@comune.bagolino.bs.it

Felonica Tiròt

Tiròt is the Mantuan dialect word for a typical focaccia historically produced in Felonica. The municipality, a hundred miles from the Po Delta, lies in the southeast corner of the province of Mantua, where Emilia-Romagna, Lombardy and Veneto meet. Tiròt is closely associated with the cultivation of its most important ingredient: Felonica yellow onions, a crop that was a significant source of income for many families in the past.
The strongly oniony Tiròt has a sweet but intensely sapid flavor. To best appreciate its flavor and the textural equilibrium between crunchy and soft, Tiròt should be eaten fresh from the oven. Traditionally cut into rectangles, it is just a few millimeters thick and deep golden-yellow in color. The Presidium was founded to protect the authentic Felonica Tiròt from imitations, to increase demand for the flatbread and to promote the local area through the revival of the Felonica yellow onion variety. The Presidium promotes a local production chain that links the bakers to farms, and hopes to recover abandoned land and create new jobs.

Production area: Felonica municipality, Mantua province
Presidium supported by: Felonica Municipality, Proloco Felonica, GAL Oltrepo Mantovano
Seasonality: Tiròt is produced throughout the year.
Slow Food coordinator: Massimo Truzzi – tel. 0376 550364
massimo.truzzi@slowfoodbassomantovano.it
Producers' coordinator: Giorgio Lanzoni – tel. 329 6917732 – alessandrabonafini@alice.it

LAKE ISEO TRADITIONAL DRIED SHAD PRESIDIUM © PAOLO ANDREA MONTANARO

Heritage Bitto

A cheese of great tradition, extraordinarily well suited to aging, Bitto is closely linked to its mountains of origin. Slow Food created this Presidium to help promote production of Bitto cheese from Alpine meadows. Presidium members are committed to preserving a series of traditional practices, including the rearing of Orobica goats (the cheese is made with 10-20% goat's milk), rotational grazing, manual milking and the use of calècc, ancient stone huts that serve as mountain dairies.

Production area: Albaredo and Gerola valleys and neighboring Alpine meadows, Sondrio province
Seasonality: produced during the summer months only; minimum aging specified in the Presidium protocol is 12 months, which may be extended for as long as 10 years for some exceptional cheese.
Slow Food coordinator: Maurizio Vaninetti – tel. 348 6701642 – info@osteriadelcrotto.it
Producers' coordinator: Paolo Ciapparelli – tel. 0342 635665 / 334 3325366 – p.ciapparelli@libero.it

Lake Como Sun Dried Missoltino

Agone (Alosa agone) is caught in the northernmost part of Lake Como, in the cool, deep water in the middle of the lake. Pelagic trawl nets, up to 200 meters long, are lowered to depths of dozens of meters to catch the passing fish. After being scaled and gutted, the fish are salted for two to three days, then carefully washed and hung up to dry in the sun for around 10 days. They are then arranged in special metal containers called tolle, layered with bay leaves. In the past, wooden barrels called missolte were used instead of the metal tolle, the origin of the name missoltino. Now only a few fishermen still catch agone in the lake, as the work is not as profitable as it once was. The Presidium wants to promote this practice beyond the lake's immediate surroundings, focus attention on the work of the fishermen who are still producing the missoltino and guarantee that the fish is entirely locally sourced and dried in the traditional way.

Production area: lake Como, Como and Lecco provinces
Presidium supported by: Vini Sorsasso, Ristorante Silvio, Como CCIA
Seasonality: Preserved missoltino is available all year round. Fishing season is from May to June.
Slow Food coordinator: Giorgio Esposti – tel. 335 8008775 – giorgioesposti60@gmail.com
Producers' coordinator: Cristian Ponzini – tel. 031 950322 – info@bellagiosilvio.com

Lake Garda Carpione

Carpione (salmo carpio) is a salmonid fish that weighs about 1-2 kg and only lives in the deep waters of Garda lake. It is fished with deep-water nets, but has now become an extremely rare fish. Up until the 1960s, dozens of tons of *carpioni* were fished every year, today this has

dropped to less than 100 kg per year. The Presidium aims to draw attention to an excellent-quality species, which runs the risk of disappearing forever if nothing is done to restore its spawning areas, by removing environmental obstacles and possibly trying with artificial reproduction.

Production area: Lake Garda, Brescia, Trento and Verona provinces
Presidium supported by: Consorzio di Tutela del Lugana
Seasonality: *carpione* is fished starting from September, but the best time is October.
Slow Food coordinator: Gianni Briarava – tel. 365 20308 / 335 8153632 – gianni.briarava@gmail.com

Lake Iseo Traditional Dried Shad

To catch lake shad (Alosa fallax lacustris), fishermen go out every day at sunset to set their nets, then return at dawn to pull them in. After salting the fish for 48 hours, they are left to dry for around a month somewhere shady and airy. After drying, they are arranged in containers, pressed to drain the fat and covered with olive oil. They spend at least four months in the containers. When they are ready, they are lightly cooked on a griddle and served with polenta. The Presidium wants to promote the traditional fishing techniques and the local production of dried lake shad, differentiating it from dried fish produced elsewhere.

Production area: lake Iseo, Brescia province
Presidium supported by: Barone Pizzini
Seasonality: Only fish caught and air-dried between December and March are preserved.
Slow Food coordinator: Patrizia Ucci – tel. 335 6639575 – annapatrizia.ucci@gmail.com
Producers' coordinator: Fernando Soardi – tel. 338 4037775 – soardi@inwind.it

Lodi Pannerone

Also known as "white Gorgonzola", Lodi Pannerone is one of the very few cheeses in the world that is not salted. Its name comes from the word panera, "cream" in local dialect, as it is made exclusively from creamy whole milk. Lodi Pannerone typically has wide holes and is consumed fresh. The taste is sweet and soft initially, but the finish has a bitter note.

Production area: Lodi and surrounding municipalities, Lodi province
Seasonality: produced year-round
Slow Food coordinator: Roberto Silvestri – tel. 02 36546035 / 333 4508761
roberto_silvestri_it@yahoo.it

VALTORTA AGRÌ PRESIDIUM © ALBERTO PEROLI

Orobiche Valleys Traditional Stracchino

Stracchino is a traditional soft whole cow's milk cheese of ancient origin, possibly dating back to before the 10th century. It is a precursor of cheeses such as strachì tunt and taleggio, but while the latter is produced in medium and large factories, stracchino is produced by small family businesses in the Orobiche valleys. It was once made with the warm milk of stracche cows - meaning just returned from the mountains in local dialect - hence the name of the soft cheese. But today it is produced all year round with raw milk straight from the cow.

Production area: Brembana, Serina, Taleggio and Imagna valleys, Bergamo province
Presidium supported by: Mountain Community of Brembana Valley, Mountain Community of Imagna Valley, Bergamo Chamber of Commerce, Bergamo Province Agricultural Department
Seasonality: produced year-round
Slow Food coordinator: Beppe Stefanelli – tel. 035 254455 / 338 1173182 – beppe.ste@tin.it
Producers' coordinator: Marco Fustinoni – tel. 0345 60245 / 368 578546

Saviore Valley Fatulì

Fatulì, meaning "small piece" in local dialect, is a very unusual and rare goat's cheese produced by just a few cheesemakers. Some still breed Bionda dell'Adamello goats and use their raw milk to produce Presidium Fatulì. The cheese has a cylindrical shape with flat sides and the inside ranges from straw to bright yellow in color and has a compact texture with a few scattered holes. The cheese is smoked, and its dark rind shows the distinctive grooves left from the grill that is placed over burning juniper branches and berries.

Production area: Camonica valley, Brescia province
Presidium supported by: Adamello Regional Park, Camonica Valley Mountain Community
Seasonality: the production period is from spring through to late autumn.
Slow Food coordinator: Gabriele Sterni – tel. 035 970189 – g.sterni@lucchinirs.it
Producers' coordinator: Guido Calvi – tel. 0364 324011 – guido.calvi@parcoadamello.it

Valchiavenna Goat Violino

This unusual cured meat is made from goat leg and shoulder and is shaped like a violin (violino in Italian). Typical of the Valchiavenna, an area with ancient meat curing traditions, each goat Violino weighs between 1.5 and 3 kilos, depending on the cut of meat used (front shoulder or rear leg). The tastiest, most fragrant Violinos are aged slowly and naturally.

Production area: Chiavenna, Campodolcino and Valchiavenna municipalities, Sondrio province
Presidium supported by: Valchiavenna Tourism Consortium
Seasonality: produced year-round; the curing period should be no less than 60 days.
Slow Food coordinator: Alessandro Cecchini – tel. 349 3142947 – a.cecchini@slowfood.it

Valtellina Buckwheat

At one time furmentun (buckwheat flour) was a staple food for the rural people of Valtellina. Valtellina buckwheat is a late crop, sown in mid-July and harvested in October. A hardy plant, resistant to cold temperatures and high altitudes, it was the most traditional crop in the valley until the 1970s, but in recent times it has almost disappeared. The Presidium is reintroducing Valtellina buckwheat cultivation and at the same time restoring the traditional stone terraces which have defined these mountainous landscapes for centuries.

Production area: Valtellina, Sondrio province
Presidium supported by: Teglio Municipality, SlowCooking Association
Seasonality: harvested in October and consumed year-round as a flour.
Slow Food coordinator: Alessandro Cecchini – tel. 349 3142947 – a.cecchini@slowfood.it

Valtorta Agrì

Produced using whole raw cow's milk from a group of farmers in the Brembana valley, this cylindrical small uncooked cheese requires special manual skill on the part of the cheesemaker. After brief acid coagulation of the raw milk, a little rennet is added and the mass is wrapped in cloth and allowed to drain. After a day the curd is mixed with a little salt and rolled on a board to make three centimeter diameter cylindrical cheeses which are left to dry for a few days. The cheese must be consumed within15 days.

Production area: Valtorta municipality, Bergamo province
Presidium supported by: Mountain Community of Brembana Valley, Bergamo Chamber of Commerce, Bergamo Province Agricultural Department
Seasonality: produced year-round.
Slow Food coordinator: Beppe Stefanelli – tel. 035 254455 / 338 1173182 – beppe.ste@tin.it
Producers' coordinator: Silvano Busi – tel. 0345 87770 / 348 9248392 latteriavaltorta@gmail.com

Varzese Cattle

Varzese, Tortonese, Ottonese, even Biunda in dialect: all names for the same breed of cattle, once common in the plains of Lombardy, around Alessandria and Pavia and in the Apennines behind La Spezia. Now there are barely 200 animals surviving, spread around dozens of small farms, with serious problems of inbreeding. Though found in four Italian regions, the majority are farmed in Lombardy. A hardy breed, the Varzese produces both milk and excellent meat, and the Presidium is trying to revive its farming. The project will initially involve the biggest farm, which also has a sales point in Milan's Parco Sud, with the hope of bringing as many farmers as possible into the Presidium in the future.

Production area: Agricultural areas, Milan province
Presidium supported by: Fondazione Cariplo as part of the "Nutrire Milano" project
Seasonality: Varzese beef is available year-round
Slow Food coordinator: Alessandro Cecchini – tel. 349 3142947 – a.cecchini@slowfood.it
Producers' coordinator: Sebastiano Canavesio – tel. 348 5243970 – s.canavesio@tin.it

PORTONOVO WILD MUSSELS PRESIDIUM © PAOLO ANDREA MONTANARO

MARCHE

Fabriano Salame

This "noble" cured meat is made by grinding the most prized part of the pig, the hams. Lightly covered in a dark brown mold, it is hard and rough to the touch. The meat is compact with a fine grain, deep red in color and dotted with white pieces of lard. The curing takes place in natural environments with no artificial temperature control. Presidium producers guarantee a product of excellent quality because the raw ingredients are locally sourced and production stops during the warmest months of the year.

Production area: Fabriano, Cerreto d'Esi, Matelica, Esanatoglia, Sassoferrato and Genga municipalities, Ancona province
Presidium supported by: Marche Region Cultural, Tourism and Commercial Services
Seasonality: production period is from late September to early May and a minimum aging period of 60 days
Slow Food coordinator: Domenico Battistoni – tel. 0732 22016 / 335 7053568 fabrianoslowfood@gmail.com
Producers' coordinator: Sandro Gioia – tel. 0732 627439 / 339 5443553 – soc.agricola.gioia@alice.it

Fig Lonzino

A traditional peasant sweet from the Marche, lonzino is a cake made from dried figs mixed with almonds, walnuts pieces and star anise, sometimes with a little added sapa (slowly cooked grape must) or mistrà (aniseed liqueur), and wrapped in fig leaves. The fig cake is excellent paired with a medium-aged cheese and a glass of passito wine. The producers have planted fig trees so that they will be able to produce the lonzino with their own figs.

Production area: Castelli di Jesi, Central Vallesina, Ancona province
Presidium supported by: Marche Region Cultural, Tourism and Commercial Services
Seasonality: the figs are gathered and dried from August to September, but the lonzino is available year-round.
Slow Food coordinator: Massimo Bergamo – tel. 349 2561370 – masxberg@alice.it
Producers' coordinator: Francesco Zanellato – tel. 334 3229360 – info@labonausanza.it

Portonovo Wild Mussels

These wild mussels (Mytilus galloprovincialis), known as moscioli in local dialect, are a naturally reproducing species which lives attached to the submerged rocks along the Conero coast. Harvesting of the wild mussels has dwindled due to competition from the farmed variety and it therefore is important that the activities of fishermen from Portonovo are safeguarded and promoted.

Production area: the stretch of coast from Pietralacroce to the border between Sirolo and Numana, with Portonovo Bay in the middle, Ancona province
Presidium supported by: Ancona Province, Ancona Municipality
Seasonality: mussel harvest is from April to October.
Slow Food coordinator: Franco Frezzotti – tel. 071 2812404 / 347 7561090 – franco.frezzotti@alice.it
Producers' coordinator: Sandro Rocchetti – tel. 071 801042/9331801

Serra De' Conti Cicerchia

A rustic, humble pulse, the cicerchia (Lathyrus sativus) was once common throughout the Marche. It is grown in the spring between rows of corn along with beans and chickpeas. The Serra de'Conti cicerchia is tiny and irregular-shaped pea that ranges in color from gray to speckled pale brown. It has tender skin and a less-bitter flavor than other cicerchia varieties. It was once at risk of extinction, but a group of farmers in Serra de' Conti continued to cultivate

the tiny, flavorful Marche variety in their home gardens, saving it from complete disappearance.

Production area: Serra de' Conti municipality, Ancona province
Presidium supported by: Marche Region Cultural, Tourism and Commercial Services
Seasonality: harvest is at the end of July, but dry peas are available year-round.
Slow Food coordinator: Massimo Bergamo – tel. 349 2561370 – masxberg@alice.it
Producers' coordinator: Gianfranco Mancini – tel. 338 8169718 – mgianfranco@interfree.it

Sibillini Mountains Pecorino

The inhabitants of the Sibillini Mountains have historic ties to the tradition of transhumance and evidence of an important pastoral civilization can still be found. The park and the pecorino cheese produced here both take their names from Mount Sibilla (2,173 meters). The cheese has remained the same over centuries: it is still produced artisanally using raw milk that comes from the farms themselves. The Presidium Monti Sibillini Pecorino is produced by three young shepherds and aged is naturally for a minimum period of twp months. The cheese reaches its optimum maturation after 100-120 days.

Production area: Sibillini Mountains, Ascoli Piceno, Macerata and Perugia provinces
Seasonality: cheesemaking from spring, after the weaning of lambs, until October.
Slow Food coordinator: Jimmy Stefoni – tel. 339 1209974 – studiotecnicojs@gmail.com
Producers' coordinator: Enrico Beccerica – tel. 338 4581999 – enricobeccerica@tiscali.it

Sibillini Mountains Pink Apples

Pink apples from the Sibillini Mountains have long been grown in the Marche, usually at altitudes of 450-900 meters above sea level, from the foothills of the Apennine valleys to the slopes of the Sibillini Mountains. These heirloom apples are small, irregularly shaped and slightly compressed with a very short stem. Though not particularly striking in appearance, the fruit is nonetheless delicious. All the different apple types share the same sweet, slightly acidic flesh and intense aromatic scent.

Production area: Sibillini Mountains, Ascoli Piceno and Fermo provinces
Presidium supported by: Region of Marche's Culture, Tourism and Trade Department, Sibillini Mountains Mountain Community
Seasonality: Harvest lasts from late-August to late-October but the apples can be eaten until the following spring.
Slow Food coordinator: Nelson Gentili – tel. 0736 775187 – nelson.gentili@gmail.com
Producers' coordinator: Graziella Traini – tel. 334 3159479 – il.fienile@tiscali.it

SIBILLINI MOUNTAINS PINK APPLES PRESIDIUM © SLOW FOOD ARCHIVE

MOLISE

Conca Casale Signora

Signora is a traditional country sausage made in Conca Casale, similar in shape to a cotechino or a Mariola. A coarse-textured raw salami seasoned with wild fennel, it also has notes of citrus that come from the washing of the bladder casing with water and lemon juice. Meat for the Signora is hand-chopped and then stuffed into the casing by hand, with special care taken to ensure that the folds of the casing are well filled.

Production area: Conca Casale municipality, Isernia province
Seasonality: The sausage is made during the winter season and has to be aged for around six months.
Slow Food coordinator: Francesco Martino – tel. 0865 900377 / 338 1048796 – f.martino57@alice.it

PIEDMONT

Bagnario di Strevi Valley Moscato Passito

To make Bagnario di Strevi valley Moscato Passito, the best, healthiest and loosest bunches of grapes are selected. First laid out on racks to dry, they are then pressed in November and fermented with some of the skins and grape pips. Thanks to the particular qualities of the Moscato grapes grown in the steep old vineyards, aromatic notes are married with a great equilibrium on the palate, and the wine is rich and sweet without being cloying. The valley producers who have joined the Presidium follow a strict production protocol that respects environmental sustainability.

Production area: Bagnario valley in Strevi municipality, Alessandria province
Seasonality: The wine can be sold after a minimum aging period of two years.
Slow Food coordinator: Andrea Zoccheddu – tel. 347 4614226 – azoccheddu@slowfoodgavi.it
Producers' coordinator: Giampaolo Ivaldi – tel. 348 0772729 – gpbagnario@tiscali.it

Bronda Valley Ramassin

Whether it is called ramassin, dalmasin or darmasin, many people in Piedmont are familiar with this small, dark and very sweet plum. However it is relatively unknown in other regions of Italy. In July, when the delicate fruits are ripe, they fall into the nets and are hand-picked. Ramassin are cultivated in other fruit-growing areas of Piedmont, but the best plums come from the Bronda valley, a few kilometers from Saluzzo, thanks to its special microclimate and hilly terrain.

Production area: Bronda and Po valleys, Cuneo province
Presidium supported by: Ortofruit Italia, Pagno and Brondello Municipalities
Seasonality: The harvest takes place from mid-June to mid-August, with a short shelf life. During the rest of the year, it can be eaten in processed form.
Slow Food coordinator: Monica Nicotti – tel. 340 1004523 – mnicotti@alice.it
Producers' coordinator: Dario Morello – tel. 347 4699707 – info.morello@libero.it

Caprauna Turnip

Caprauna is a small village in the Upper Tanaro valley with a few hundred inhabitants and excellent turnips: large, very sweet and with unusual pale-yellow flesh. In the past turnips were an important element of the local diet in the Piedmontese Alps, but were later replaced by the potato. This turnip does not keep well once harvested; it is best left underground until ripe in the fall and winter months. The Presidium hopes to protect its cultivation in an area currently at risk of depopulation.

CAPRIGLIO PEPPER PRESIDIUM © PAOLO ANDREA MONTANARO

Production area: Caprauna and Alto municipalities, Cuneo province
Presidium supported by: Consortium for the promotion and preservation of typical products of the Upper Tanaro valley
Seasonality: The harvest lasts from September to January.
Slow Food coordinator: Davide Ghirardi – tel. 338 9614222 – d.ghirardi@slowfood.it
Producers' coordinator: Donatella Ferraris – tel. 347 0480024 – ferrarisdon@tiscali.it

Capriglio Pepper

This pepper has been grown for over 100 years in the small hilly area of Capriglio d'Asti, between Asti and Turin. Until the 1960s there was significant demand for the product in Chieri, Asti, and Turin, often commanding prices up to double that of other varieties. Then, with the introduction of new, larger-sized varieties, the product was only grown for family consumption and a few connoisseurs. The plant is hardy and not very tall; the pepper is of medium to small size, with three ribs and a slightly triangular or heart-shaped cross-section. With the creation of the Presidium, the producers have formed an association, use traditional cultivation methods and follow organic principles. They have reduced environmental impact and are keen to reintroduce this delicious vegetable to the local market.

Production area: Capriglio d'Asti municipality, Asti province
Seasonality: The Capriglio pepper is harvested from late August until October, but can be found preserved in sweet pickled form or in vinegar throughout the year.
Slow Food coordinator: Martina Doglio Cotto – tel. 329 2298549 – martinadc@gmail.com
Producers' coordinator: Raffaella Firpo – tel. 333 4369687 – cascinapiola@inwind.it

Carema

In the early 20th century, wine was an important economic and cultural resource for the people of Carema, a village in the Canavese area of Piedmont. To make the soil on the steep slopes cultivable, the inhabitants developed a system of terracing. They also introduced a vine-training system based on pergolas, known as topia, with a framework of beams held up by truncated-cone stone pillars called pilun. This unique landscape has often been the subject of study. The quality of its wine was already recognized in the 15th century, and won awards in international competitions in the 19th century. The color of Carema Nebbiolo is tinged with orange; the nose is subtle and fresh, with floral and mineral notes, while the palate is elegant, with dense tannins and great aromatic persistence.

Production area: Carena municipality, Turin province
Presidium supported by: Italian Slow Food Chefs' Alliance 2013
Seasonality: The harvest takes place at the end of October. The wine is available year round.
Slow Food coordinator: Valérie Ganio Vecchiolino – tel. 349 8647688 – vale.ganio@libero.it
Producers' coordinator: Viviano Gassino – tel. 366 3539730 – viviano.cantinacarema@gmail.com

Carmagnola Gray Rabbit

The Carmagnola gray rabbit is the only native Piedmontese rabbit breed still in existence. Although it was quite popular up to the end of the 1950s, later it practically disappeared until the recent genetic recovery work done by the University of Turin. The rabbit's medium size, long body and muscular haunches make for a good yield of meat. Its bone structure is very fine with a muscle mass superior to that of other breeds. The meat is whitish in color, fine, tender and flavourful.

Production area: Carmagnola municipality and surroundings, Turin province
Presidium supported by: Consortium of Piedmontese Poultry and Rabbit Breeds
Seasonality: The product is commercially available throughout the year.
Slow Food coordinator: Davide Ghirardi – tel. 338 9614222 – d.ghirardi@slowfood.it
Producers' coordinator: Gianfranco Marengo – tel. 338 9317319 – gfmarengo59@gmail.com

Carmagnola Ox-Horn Pepper

This pepper comes in splendid colors ranging from intense yellow to bright red. Its curious long and tapered shape (over 20 centimeters long) has three or four lobes. Reminiscent of the Spagnolìn, the first oblong pepper to arrive from the Americas, the Carmagnola ox-horn pepper has a sweet flavour and a thick, fleshy pulp, which improves when conserved. The pepper can be eaten raw, roasted or grilled, bagnà 'nt l'euil (with extra-virgin olive oil) or with bagna cauda.

Production area: Carmagnola municipality and surroundings, Turin province
Presidium supported by: Turin province
Seasonality: The harvest lasts from the end of July to the end of the October. The ox-horn pepper has a short shelf life, but can be found in preserved form throughout the year.
Slow Food coordinator: Marco Cicerone – tel. 347 4480432 – m.cicerone@virgilio.it
Producers' coordinator: Lorenzo Crivello – tel. 333 2148659 – desi.lorenzo@tiscali.it

Ceresole d'Alba Tench

A relative of the carp, barbel, chub and bleak, this tench has a rounded back and golden skin, hence the name gobba dorata, or "golden humped." It has long been raised in the ponds of Pianalto between Ceresole and Poirino, where man-made lakes have existed since the 13th century. Soft and flavourful without the earthy flavour often typical of poor-quality farmed fish, the Presidium tench is an important ingredient in the typical cuisine of the Roero. It is classically prepared in carpione (fried, then marinated in vinegar).

Production area: Ceresole d'Alba municipality, Cuneo province
Seasonality: The fishing season for tench is from April to October.
Producers' coordinator: Giacomo Mosso – tel. 0172 575014 / 335 5851186 giacomo.mosso@cascina-italia.it
Slow Food coordinator: Fulvio Prandi – tel. 335 6374659 – fulvio.prandi@libero.it

Coazze Cevrin

Some call it Toma, some call it Robiola, but in local dialect its name is Cevrin. This round cheese, produced from a mix of cow's and goat's milk, has a thickly ridged, moist rind, deep amber-yellow in color. Though the paste of the cheese near the rind is a pale yellow, the interior is

COAZZE CEVRIN PRESIDIUM © PAOLO ANDREA MONTANARO

pure white. Aged Cevrin has an intense and long-lasting flavour. The primary aromas are musky, with notes of dry wood and freshly cut grass. The cheese has a long-lasting flavour of hazelnut, butter and, at times, a lingering spiciness.

Production area: Coazze and Giaveno, Sangone valley, Turin province
Presidium supported by: Turin Province
Seasonality: The production of Cevrin occurs exclusively during the grazing period, from March to November.
Slow Food coordinator: Eric Vassallo – tel. 347 2342285 – ericvassallo@libero.it
Producers' coordinator: Maria Lussiana – tel. 011 9363903 / 338 8015225 maria.lussiana@virgilio.it

Cortereggio Canavese Piattella Bean

The Piattella is a large white bean with thin skin and characteristic flattened kidney shape. It is traditionally sown together with corn, and as the two plants grow the bean is supported by twisting round the corn's robust stalks. The Piattella was still widely grown in the area in the 1980s, where it was also known as the San Giorgio Canavese Piattella after the region's main municipality. However, it was more commonly called the "fasol at cutres" across the Canavese area: meaning simply the Cortereggio bean. The Presidium aims to revive and promote the tradition of growing this bean, extending collaboration with local growers and working with other local bodies to boost the tourism and food and wine potential of this part of the Canavese.

Production area: San Giorgio Canavese municipality, in particular the area around Cortereggio (Turin province).
Seasonality: The piattella is harvested from the end of July to the end of September but is available in dried form throughout the year.
Slow Food coordinator: Andrea Zanusso – tel. 331 3308468 – zanusso@poolsa.eu
Producers' coordinator: Ivano Rean Conto – tel. 0124 350738 – ivano.reanconto@gmail.com

Cureggio and Fontaneto Blond Onion

Close to Novara, in the plain between the Agogna and Sizzone rivers, lie the towns of Cureggio and Fontaneto, once known for the cultivation of potatoes and onions. According to tradition, the local producers would go to the Cureggio train station every day to send crates of their onions to the markets in Milan and Turin. The traditional onion from the Cureggio and Fontaneto plain is golden-blond in color. Up to 8 centimeters wide, it weighs between 150 and 400 grams and has a distinctive flattened shape. Its essential characteristic, however, is its extreme sweetness, which remains for many months after harvesting.

Production area: Cureggio and Fontaneto d'Agogna municipalities, Novara province
Presidium supported by: Pro Loco Fontaneto d'Agogna, Municipality of Cureggio, Municipality of Fontaneto d'Agogna, Banca Popolare di Novara
Seasonality: Harvest begins at the end of August and the onions keep until the following spring.
Slow Food coordinator: Giovanni Iacolino – tel. 340 7691682 – slowfood_valsesia@libero.it
Producers' coordinator: Carlo Masseroni – tel. 338 8501263 – carlo.masseroni@alice.it

Garbagna Bella Cherry

The Garbagna Bella cherry was almost completely abandoned over the last two decades because of its poor resistance to humidity. It is the classic ciresa (Piedmontese for "cherry") for preserving whole in spirits. Sweet and crisp, it keeps its shape, texture and flavour well in alcohol. The cherries are also excellent as fillings for Boeri chocolates, in jams, as a base for liqueurs or with cinnamon and cloves as an unusual but delicious accompaniment to serve with meat.

Production area: Garbagna municipality, Grue valley, Alessandria province
Presidium supported by: Terre del Giarolo Mountain Community, Garbagna Municipality
Seasonality: The harvest takes place in June. During the rest of the year, it can be eaten as a jam, syrup or liquor.
Slow Food coordinator: Marco Dell'Era – tel. 338 3147625 – mdellera@libero.it
Producers' coordinator: Massimo Pisacco – tel. 338 4392377 – massimopisacco@tiscali.it

Gavi Testa in Cassetta

Testa in Cassetta is a typical cured meat made in the winter from pig's head, tongue, lean meat and beef heart. These are boiled together, then the head is finely chopped several times until it becomes a paste while the other meat is diced. These are then mixed with salt, spices and chili pepper as well as pine nuts and rum before being stuffed into a cow's intestine and left to rest for a day in a very cold place.

Production area: Gavi municipality, Alessandria province
Seasonality: It is produced throughout the year except for the summer months of June, July and August.
Slow Food coordinator: Giovanni Norese – tel. 0143 79332 / 335 5734472 – gnorese@idp.it

Heritage Piedmontese Apple Varieties

At the start of the last century, thousands of apple varieties were still being cultivated in Piedmont. Since then, the development of industrial agriculture has made a cruel selection, with the market preferring foreign apple varieties – bigger, prettier and better adapted to modern cultivation techniques. This Presidium is working to save varieties such as Grigia di Torriana, Buras, Runsè, Magnana, Dominici, Carla and Calvilla, all delicious, aromatic and hardy varieties that can have a future, even on today's market.

Production area: Bibiana, Pinerolo, Cavour, Bricherasio and Osasco municipalities, Turin province; Verzuolo, Piasco and Caraglio municipalities, Cuneo province
Presidium supported by: Val Chisone, Germanasca, Pellice and Pinerolese Pedemontano Mountain Community, Province of Turin
Seasonality: The harvest takes place, depending on the variety concerned, from the second week of September until the first week of November. During the rest of the year, it can be consumed in a processed form
Slow Food coordinator: Laura Sguotti – tel. 349 7261724 – laurasguotti@libero.it
Producers' coordinator: Federica Quattrocolo – tel. 333 1879521 – cascinabonetto@libero.it

Langhe Sheep Tuma

In 1950, there were over 45,000 native Langhe breed sheep, but today there are fewer than 2,500, distributed among a few farms in the Langhe Cuneesi. This Presidium was founded to save the breed and the traditional cheese made for centuries in the local area, called tuma d'fé in local dialect. The small round cheeses, made with raw milk, are consumed fresh after 10-15 days, but traditionally were also preserved in glass jars to be eaten through the winter.

Production area: Alta Langa, Cuneo province
Seasonality: Production takes place during the spring-summer period.
Slow Food coordinator: Lorenzo Conterno – tel. 339 6651424 – renzoconte@alice.it
Producers' coordinator: Mario Gala – tel. 339 7565181 – finocchioverde@libero.it

Mondovì Cornmeal Biscuit

Presidium cornmeal biscuits (paste di meliga) are made according to tradition using a mixture of wheat flour and cornmeal, butter, fresh eggs and sugar. The dough is kneaded into round, oblong or crescent shapes. Yellow and crunchy, these biscuits melt in the mouth without being greasy or cloying, leaving a lingering toasted flavour. The stone-ground corn gives the biscuits a pleasant graininess.

Production area: Monregalese municipalities, Cuneo province
Seasonality: The product is commercially available throughout the year.
Slow Food coordinator: Davide Ghirardi – tel. 338 9614222 – d.ghirardi@slowfood.it
Producers' coordinator: Marco Michelis – tel. 335 6257010 – marco@michelis.it

Montèbore

Montébore is produced in and around a town of the same name near Tortona. Documentation of this cheese dates as far back as the 15th century. Its shape is reminiscent of a tiny wedding cake, with tiers of decreasing size, one atop the other. Legend has it that the shape was modeled on an ancient tower in the town of Montébore. The cheese is made from raw milk, 75% cow and 25% sheep. It has a strong milky and buttery flavour with lingering notes of chestnut and herbs and can be eaten fresh, slightly aged or grated.

MOROZZO CAPON PRESIDIUM © PAOLO ANDREA MONTANARO

Production area: municipalities in the Curone and Borbera valleys, Alessandria province
Seasonality: Montébore cheese production takes place throughout the year following the lactation cycles of the animals.
Slow Food coordinator: Giovanni Norese – tel. 335 5734472 – gnorese@idp.it
Producers' coordinator: Roberto Grattone – tel. 0143 94131 – info@vallenostra.it

Morozzo Capon

In Morozzo, capons (castrated roosters) are traditionally of the Piedmontese Blonde breed, and when they are mature they have a long black metallic tail and glossy brick-red feathers trimmed with blue or green. They can be recognized by their lack of crest and wattle. Women are in charge of preparing the capons since the operation requires deft, skilled hands. The Morozzo capon has soft, tender and delicate meat. Purists prefer it boiled and dipped in salt, although it is also used in savory pies or stuffed.

Production area: Morozzo municipality and surrounding areas, Cuneo province
Presidium supported by: Municipality of Morozzo, Consortium for the Promotion of Morozzo Capon and Other Traditional Fowls
Seasonality: The traditional Morozzo capon is slaughtered at an age of at least 220 days. The slaughter takes place in autumn and winter.
Slow Food coordinator: Davide Ghirardi – tel. 338 9614222 – d.ghirardi@slowfood.it
Producers' coordinator: Giovanna Mellano – tel. 349 0712309 – giovannamellano.m@gmail.com

Mountain Castelmagno

In 1277, the herders of Castelmagno paid the rent for their pastures to the Marquis of Saluzzo in cheese. Today, the Castelmagno found on the market is made primarily in dairies, but there are still several farmers who produce it in the mountains according to traditional methods. The complex and ancient technique calls for the curd to be broken into large walnut-sized lumps which are then tied up in a cloth and left to hang before being cut again into cubes, crumbled into fine pieces, mixed with coarse salt and put into molds.

Production area: Castelmagno municipality, Cuneo province
Seasonality: Production takes place during the summer. The minimum aging period provided by the specification of the Presidium is four months.
Slow Food coordinator: Claudio Aimasso – tel. 377 9872365 – danihva@alice.it
Producers' coordinator: Giorgio Amedeo – tel. 338 6261222 – giorgioamedeo@hotmail.com

Nizza Monferrato Hunchback Cardoon

Cultivated in the sandy soil along the Belbo River, these cardoons are trained into a unique "hunchback" shape. Once the plants are tall and vigorous, the cardaroli, or cardoon growers, bend the plants over and cover them with soil. As they seek to find sunlight, the plants swell and curve and the stems lose all their chlorophyll, becoming white and tender. The Nizza Monferrato hunchback cardoon is the only cardoon that can be eaten raw, and is a classic accompaniment to one of Piedmont's greatest dishes, bagna cauda, a warm sauce of olive oil, garlic and anchovies.

Production area: Nizza Monferrato and surroundings, Asti province
Presidium supported by: Asti Provincial Authority, Municipality of Nizza Monferrato, Nizza Monferrato Regional Enoteca
Seasonality: The harvest begins in the first week of October and lasts unti February.
Slow Food coordinator: Piercarlo Albertazzi – tel. 335 5348611 – druida@tin.it
Producers' coordinator: Claudio Vaccaneo – tel. 0141 727509 – claudio.vaccaneo@libero.it

ORBASSANO RED CELERY PRESIDIUM © PAOLO ANDREA MONTANARO

Orbassano Red Celery

The story of red celery begins with the introduction of a purple celery from France in the 17th century which gradually acclimatized to the environment in market gardens near Turin. With its distinctive red base and almond flavour, it was a common product at vegetable markets in Turin and nearby until after WWII. It was then abandoned and risked disappearing due to its demanding cultivation requirements and lower profitability compared to other varieties. Now only a few growers in the area between Stupinigi and Orbassano continue to produce it, and sell at the farm or local markets. They also organize a special event on the third Sunday of October.

Production area: Orbassano municipality, Torino province
Presidium supported by: Municipality of Orbassano, Centro Commerciale Naturale of Orbassano
Seasonality: Orbassano red celery is collected from late September to early November.
Slow Food coordinator: Antonella Doni – tel. 339 8487828 – antonelladoni@libero.it
Producers' coordinator: Giovanna Scaffidi – tel. 011 9002384 – agriturismo@cascina-gorgia.it

Piedmontese Blonde Hen and Saluzzo White Hen

The Piedmontese blonde hen has golden-tan plumage, a tall black tail with metallic highlights, a yellow beak and a well-developed crest. The Saluzzo white hen is similar but with white plumage. Presidium breeders adhere to a strict protocol that specifies natural feed and space outdoors for each bird. In Piedmontese osterias, chicken is traditionally cooked alla cacciatora with onions and chopped tomatoes. The meat is also excellent boiled in its own stock, in aspic or in a salad.

Production area: Areas of the provinces of Cuneo, Asti and Turin
Presidium supported by: Piedmontese Blonde Hen, Consortium of Piedmontese Poultry and Rabbit Breeds
Seasonality: The product is commercially available throughout the year.
Slow Food coordinator: Davide Ghirardi – tel. 338 9614222 – d.ghirardi@slowfood.it
Producers' coordinator: Gianfranco Marengo – tel. 338 9317319 – gfmarengo59@gmail.com

Piedmontese Cattle

Like all heritage breed oxen with white coats, this is a very ancient breed. It was only in 1886, however, that spontaneous variation led to the birth of a bull with huge haunches and extremely muscular thighs. This was the progenitor of the Piedmontese vitello della coscia, "veal of the thigh." At the start of the 20th century, there were still 680,000 animals, but today that number has been halved. Piedmontese beef is unique as it has a perfect amount of intramuscular fat to make it lean but still flavourful. Traditionally the beef is chopped by hand and eaten raw, seasoned only with extravirgin olive oil, salt and a pinch of pepper.

Production area: Cuneo province
Seasonality: The product is commercially available throughout the year.
Slow Food coordinator: Sergio Capaldo – tel. 335 6770566 – sergio.capaldo@libero.it
Producers' coordinator: Mauro Olivero – tel. 333 8949421 – mauro.oli@tiscali.it

Roccaverano Robiola

Roccaverano cheese, made in the steep, fallow Langa Astigiana hills, is Italy's only historic DOP goat's cheese. The Presidium cheese is made exclusively from raw goat's milk. Each Robiola has its own unique flavour: flowers, herbs and pasture microflora give each cheese a distinct personality. The cheese will typically have aromas of yogurt, fresh grass and hazelnut, a flavour enriched by spicy, mossy nuances and a long aftertaste.

Production area: Langa Astigiana, Asti province
Seasonality: Production takes place from early March to mid-December. The minimum aging period as specified by the Presidium is 5-6 days.
Slow Food coordinator: Giorgia Turco – tel. 335 6783984 – giorga.turco@live.it
Producers' coordinator: Monica Caldi – tel. 0144 93313 – monica.caldi@lamasca.it

Sambucano Lamb

In 1985, there were barely 80 Sambucano sheep left in Piedmont's Stura valley. The L'Escaroun consortium and the Lou Barmaset farming cooperative have since created a renaissance for the local breed, and today there are around 4,000 head of sheep, raised by dozens of smallscale farmers. The sheep live on small farms and in the summer they are taken to graze on the valley's Alpine meadows, sometimes at altitudes as high as 2,000 meters above sea level. The medium-large breed has straw-white wool, though some rare examples have a black pelt and a small star-shaped mark on their head. The breed is particularly prized for its meat. Traditionally eaten in the Valle Stura is the tardoun, a large lamb of around six months that has been pastured in the mountains.

Production area: Upper Stura valley, Cuneo province
Presidium supported by: L'Escaroun Sambucano Lamb Consortium
Seasonality: The production of "Christmas" lambs is from October to December, and from February to April for Easter lambs.
Slow Food coordinator: Maura Biancotto – tel. 335 7413190 – m.biancotto@slowfood.it
Producers' coordinator: Antonio Brignone – tel. 0171 955555 – brignone@vallestura.cn.it

SAMBUCANO LAMB PRESIDIUM © PAOLO ANDREA MONTANARO

Saras del Fen

Saras means ricotta in local dialect. Ricotta is a soft dairy product made from whey, the liquid that remains in the vat after the solid curd has been removed from milk for cheese production. The tradition of wrapping this cheese in hay (or fen, in Piedmontese) came from the need to transport it down from the pastures of the Pellice valley. This cheese boasts a grassy, milky perfume that strengthens with age. Saras del Fen is rich and smooth on the palate.

Production area: entire Pellice valley Mountain Community, Chisone and Germanasca Mountain Communities and the Pinerolese Pedemontano Mountain Community above altitudes of 1,000 meters, Turin province
Presidium supported by: Turin Province
Seasonality: Saras del Fen is commercially available throughout the year.
Slow Food coordinator: Franco Turaglio – tel. 0121 600821 / 338 2951730 – info@lanicchia.net
Producers' coordinator: Pier Claudio Michelin Salomon – tel. 0121 957795 / 333 4949090

Tortona Strawberry

References to the Tortona strawberry can be found in texts from the 16th century, but it was around a century ago that careful selection of wild species from the surrounding hills led to the creation of a particularly excellent, highly perfumed cultivar, markedly different from other existing strawberries. Not much bigger than a raspberry, it offers a heady fragrance and a sweet, delicate flavour. The berry is only available for about 20 days between mid-May and mid-June, depending on the year. In Tortona, the strawberries are eaten whole, sprinkled with sugar and a good Barbera wine.

Production area: Tortona municipality, Alessandria province
Presidium supported by: Municipality of Tortona, Tortona Strawberry Consortium
Seasonality: The harvest takes place between May and June, with a very short shelf life. During the rest of the year, it can be consumed in processed form.
Slow Food coordinator: Marco Dell'Era – tel. 338 3147625 – mdellera@libero.it
Producers' coordinator: Patrizia Lodi – tel. 338 6471958 – patrizia@carcassola.it

Tortona Valleys Salami

Pig farming is an integral part of the history and rural culture of the Curone, Grue and Ossona valleys, situated near Tortona where Lombardy, Emilia-Romagna and Liguria meet Piedmont. The classic repertoire of Italian cured pork products is made here, but the foremost specialty of the area is an uncooked salami, made by many smallscale artisanal producers and aged naturally in the hills' particularly favorable microclimate, which means very little salt is needed to cure the meat.

Production area: Tortona valleys, Alessandria province
Presidium supported by: Terre del Giarolo Mountain Community
Seasonality: Tortona Valleys Salame is produced from October to April. The minimum aging period according to the rules of the Presidium is 90 days.
Slow Food coordinator: Marco Dell'Era – tel. 338 3147625 – mdellera@libero.it
Producers' coordinator: Giuseppe Ballestrasse – tel. 348 7030094 – g.ballestrasse@libero.it

Tuma Macagn

Macagn takes its name from one of the foothills of Monte Rosa. Smaller than a Piedmontese Toma, it is a typical mountain cheese made from whole raw cow's milk. The cheese has a compact and slightly stretchy paste with a few small holes. It is straw-white in color when young, and tends towards golden-yellow with aging. Produced twice a day in the summer, Macagn has a distinctive fragrance, recalling the scents of pasture and flowers.

Production area: central and eastern Biellese Prealps, Biella province; Valsesia, Vercelli province
Presidium supported by: Val Sessera, Valle di Mosso and Biella Prealps Mountain Community, Fondazione Cassa Risparmio di Biella
Seasonality: The product is made throughout the year. The minimum aging period is two months.
Slow Food coordinator: Giovanni Iacolino – tel. 340 7691682 – slowfood_valsesia@libero.it
Producers' coordinator: Manuela Ceruti – tel. 347 3027202 – emmaiux@libero.it

Upper Elvo Raw Milk Butter

With its many springs and mountain pastures, the upper Elvo valley has a long tradition of making butter from risen cream. Almost all the herders farm Pezzata Rossa d'Oropa cattle, a hardy native breed well suited to the local environment. The Presidium wants to promote the butter produced in the summer in the mountain pastures, often in ancient stone dairies, some centuries old, where butter is still stored in fraidel.

Production area: Upper Elvo valley mountain pastures, Biella province
Presidium supported by: Ecomuseo Valle Elvo e Serra
Seasonality: Produced from June to September.
Slow Food coordinator: Giuseppe Pidello – tel. 349 3269048 – coordinatore@ecomuseo.it
Producers' coordinator: Paola Rondolotto – tel. 331 9738993 – info@formaggi-tipici.it

Valli Valdesi Mustardela

Like all sanguinacci (blood sausages), Mustardela was originally a way to use all the parts of the pig including the head, neck, tongue and rind. The meat is boiled, deboned and ground, then mixed with scraps of pork fat and minced onions and leeks sautéed in the fat. Blood is the final ingredient. Eggplant-purple, Mustardela is smooth and soft in the mouth with a spiced, slightly sweet-and-sour flavor. It is eaten boiled, accompanied by potatoes or polenta.

Production area: Pellice, Chisone and Germanasca valleys, Turin province
Presidium supported by: Province of Turin
Seasonality: available on the market from September until the end of winter
Slow Food coordinator: Franco Turaglio – tel. 338 2951730 – info@lanicchia.net
Producers' coordinator: Giovanni Michelin Salomon – tel. 328 2113732 – tanti.sapori@gmail.com

TORTONA VALLEYS SALAMI PRESIDIUM © ALBERTO PEROLI

BISCEGLIE SOSPIRO PRESIDIUM © GIUSEPPE CUCCO

PUGLIA

Acquaviva Red Onion

The Acquaviva cepodde (as it is known in dialect) is cultivated in the area surrounding the town of Acquaviva delle Fonti. It is noted for its sweet flavor, even when eaten raw. Recognizable by its flat shape, the onion's outer layers are a purplish red, fading to white and becoming sweeter closer to the center. The onion is celebrated during a local festival, where it can be sampled in rustici, focaccias filled with red onion and ricotta forte.

Production area: Acquaviva delle Fonti municipality, Bari province
Presidium supported by: Union Camere Puglia, Puglia Regional Department of Food and Agricultural Resources
Seasonality: harvested from July to August.
Slow Food coordinator: Marcello Longo – tel. 347 4703926 – slowfood236@gmail.com
Producers' coordinator: Vito Abrusci – tel. 339 1936517 – abrusciserv@libero.it

Altamurana Sheep

This native sheep breed was common in the past, especially in the Altamura area, now part of the Alta Murgia National Park. The breed is particularly suited to pastures rich in aromatic herbs like thyme, mint, sage, rue and other wild greens like borage, wild fennel and wild chard, which give its meat a unique flavor. In the 1970s, there were 100,000 Altamurana sheep. Now there are less than 1,000. The Presidium, established thanks to the support of the Alta Murgia National Park, wants to raise the profile of the breed and revive its farming, saving it from possible extinction.

Production area: Bari province, especially within the Alta Murgia National Park
Presidium supported by: Alta Murgia National Park
Seasonality: The meat is available year-round.
Slow Food coordinator: Antonio Cucco Fiore – tel. 338 2564586 – antucco@gmail.com

Alta Murgia Traditional Bread

Traditional stone ovens are still common in Altamura. Built in the 19th century, they typically have very tall hoods, require extremely long-handled peels and can hold 300 kilos of bread or more. The superb Altamura bread is made from remilled durum wheat semolina from the Alta Murgia in the province of Bari, mixed with a natural sourdough starter, warm water and sea salt.

Production area: Altamura municipality, Bari province
Presidium supported by: Altus Murus Cultural Association
Seasonality: the bread is baked daily and can be kept for up to a week.
Slow Food coordinator: Marcello Longo – tel. 347 4703926 – slowfood236@gmail.com
Producers' coordinator: Giuseppe Incampo – tel. 339 5484295 – incamposlow@libero.it

Bisceglie Sospiro

The sospiro (meaning sigh) recipe dates back to 1500 when a sponge cake was formed into the shape of a breast, emptied inside and filled with cream. The dessert has a closed base and is completely covered with icing called "gileppa". It is said that it was created by the nuns of the Clarisse Convent of San Luigi in Bisceglie for the wedding of the Duchess of Bisceglie Lucrezia Borgia and Frederick of Aragon. In Bisceglie, nine confectioners have established an association with the aim of continuing to produce the traditional sospiro, without using preservatives or pastry mixes and, except in the case of sugar and vanilla pods, using only local products.

Production area: Bisceglie municipality, Bari province
Presidium supported by: Bisceglie Municipality
Seasonality: the Bisceglie sospiro is produced throughout the year.
Slow Food coordinator: Felia Sorrenti – tel. 342 0403560 – molfettaslow@gmail.com
Producers' coordinator: Sergio Salerno – tel. 338 4476252 – sergio_salerno@hotmail.com

Carpino Broad Bean

Carpino's chalky clay soil is perfect for growing broad beans. After the harvest, the broad beans are sun dried in farmyards. Once dry, the beans are threshed by hand: they are removed from their pods using a wooden pitchfork, and then tossed in the air with wooden shovels, letting the afternoon breeze blow away any remaining particles. Small and dimpled, Carpino broad beans are green when harvested but take on a sandy white color with age.

Production area: Carpino municipality, Foggia province
Presidium supported by: Gargano National Park
Seasonality: harvested during summer months of June and July, and dried beans are available year-round.
Slow Food coordinator: Michele Ferrara – tel 347 2959439 – isp06ass@tiscali.it
Producers' coordinator: Mario Felice Ortore – tel. 339 7122380 – info@ortore.com

Ceglie Biscuit

U' piscquett'l (the name in dialect) is closely associated with the town of Ceglie Messapica. A soft fragrant biscuit, it contains roasted ground almonds, eggs, honey, lemon peel and citrus liqueur. It is sometimes filled with cherry or grape jam, or covered with a light frosting of sugar and cocoa. In the Brindisi area there are over 40 varieties of almond and the ones used for Ceglie biscuits are all local: mainly the cegliese almond, but also smaller quantities of mingunna, gianfrida, zia pasqua, spappacarnale, etc. The same applies for the cherries and grapes. At one time this biscuit would have been made for large festivals. It now survives through the efforts of a few pastry cooks; its lemon, cherry and almond flavours reflect a land which has been occupied by the Greeks, Byzantines, Romans and Arabs.

Production area: Ceglie Messapica municipality, Brindisi province
Presidium supported by: Consortium for the Valorization of Ceglie Messapica Biscuit
Seasonality: Ceglie biscuits are produced throughout the year.
Slow Food coordinator: Luigi Francavilla – tel. 338 2980735 – luigifrank611@tin.it
Producers' coordinator: Felice Suma – tel. 368 7082902 – biofelix@libero.it

Galàtone Apricot

Galàtone apricots ripen early and the color of the very small, walnut-sized fruit ranges from pale yellow to pale pink, with small darker streaks close to the stalk. They have a strikingly intense scent and sweetness, and tend to dissolve in the mouth. Some small groves can still be found in the Salento area around Lecce, but there are no more than a few dozen trees in total. The Presidium wants to help producers to replant the traditional Galàtone apricot trees and bring this fruit back to the market, raising its profile through processing into jams and preserves.

Production area: Galàtone, Nardò, Seclì and Sannicola municipalities, Lecce province
Presidium supported by: Puglia Regional Authority Department of Food and Agriculture
Seasonality: The apricots are harvested in the first two weeks of June.
Slow Food coordinator: Gaia Muci – tel. 328 1492261 – gaiamuci@yahoo.it
Producers' coordinator: Luciano Erroi – tel. 339 5627110 – erroi.luciano@virgilio.it

Gargano Citrus Fruits

In Gargano, citrus fruits ripen all year round: Duretta oranges at Christmas, Bionda oranges from April to May, Femminello lemons throughout the year. The citrus orchards are called giardini, gardens, because they are clustered around farmhouses, protected from the wind by dry-stone walls or fences made from reeds, holm oak or laurel. Presidium producers use the Gargano oranges and lemons to make excellent marmalades, candied fruits and limoncello liqueurs.

Production area: Vico del Gargano, Ischitella and Rodi Garganico municipalities, Foggia province
Presidium supported by: Gargano National Park
Seasonality: The harvest of Femminello lemons occurs throughout the year while the Bionda oranges can be harvested from September to April, and Duretta oranges from December until late-April
Slow Food coordinator: Marcello Longo – tel. 3474703926 – slowfood236@gmail.com
Producers' coordinator: Lazzaro Russo – tel. 348 4205937 – info@garganoagrumi.com

Gargano Goat

The Gargano goat is a particularly hardy breed that is well adapted to grazing in arid pastures and stubble. It has a long, jet-black coat and a large, pudgy head with a small tuft in front and a long beard under the chin. The horns are prominent and the ends face outward slightly, forming an arc. Both meat and milk are excellent, the milk used to make cheeses like caprino, cacioricotta and canestrato and a very delicate fresh ricotta. Only 15 years ago there were still 30,000 animals, but numbers have now fallen to less than 3,000. The Presidium aims to recover this breed through the promotion of its meat and dairy products.

GARGANO GOAT PRESIDIUM © ALBERTO PEROLI

Production area: Gargano, Foggia province
Presidium supported by: Gargano National Park
Seasonality: Muscisca (slices of dried goat meat) is available throughout the year while cheese production depends on the goat's lactation cycle, which usually occurs in the spring-summer period.
Slow Food coordinator: Salvatore Taronno – tel. 346 7417248 – salvelix@tiscalinet.it
Producers' coordinator: Giuseppe Bramante – tel. 0882 456288 / 368 3800207 giuseppebramante@tiscali.it

Gargano Podolica Cow

The Podolica is a breed raised on pasture that produces particularly aromatic milk as well as flavorful meat rich in mineral salts. However the beef may not appeal to all consumers, as it does not conform to modern ideals of how meat should be: the fat is yellow (because the animals feed on grasses rich in carotene), the meat is fibrous and must be thoroughly tenderized and the flavor is intense and unique.

Production area: Gargano, Foggia province
Presidium supported by: Gargano National Park
Seasonality: available year-round
Slow Food coordinator: Giuseppe Placentino – tel. 339 8839888 – peppinoplacentino@alice.it
Producers' coordinator: Michele Sabatino – tel. 347 1078759 – casasabatino@tiscali.it

Gargano Podolico Caciocavallo

This cheese is made with the milk of the Podolica cow, a breed which yields very little milk and only in certain months. This breed used to be one of the most common in Italy but is now confined to parts of the south where pasture is sparse and water is rare. The production of Caciocavallo (with its typical large round base and small ball top) is an operation that requires great skill and ability, but the results are excellent, particularly when the cheese is aged. Aging can last from a few months to three years, and sometimes even up to eight or ten years.

Production area: Gargano, Foggia province
Presidium supported by: Gargano National Park
Seasonality: throughout the year, with maximum production from March to May and a minimum aging period of three months.
Slow Food coordinator: Giuseppe Placentino – tel. 0882 452109 / 339 8839888 peppinoplacentino@alice.it
Producers' coordinator: Giuseppe Bramante – tel. 0882 456288 / 368 3800207 giuseppebramante@tiscali.it

Gravina Pallone

Gravina Pallone is a round stretched-curd cheese with a slightly piquant flavor. The name comes from its typical ball (palla) shape, designed to make it easier to tie the cheese up with string and transport it by mule during the seasonal livestock migration. Only a few dairies are left in Gravina, and few farms can guarantee a regular supply of high-quality milk. The Presidium brings together two cheesemakers who do not use artificial enzymes during cheesemaking and only use raw milk from selected farms, continuing the cheesemaking traditions of the Alta Murgia.

Production area: Gravina di Puglia, Bari province
Presidium supported by: Alta Murgia National Park

Seasonality: Gravina Pallone is made from January to March, and is at its best after three months of aging.
Slow Food coordinator: Antonio Cucco Fiore – tel. 338 2564586 – antucco@gmail.com
Producers' coordinator: Rosamaria De Rosa – tel. 348 3538734 – caseificioderosa@tiscali.it

Martina Franca Capocollo

Puglia's best cured meats have traditionally come from Martina Franca, and the most highly regarded is Capocollo, the name used in the south of Italy to refer to cured pig neck. The local climate is not very suitable for curing, so a process developed whereby the meat is salted, soaked in herbed wine and then lightly smoked. The procedure preserves the pork and also gives it an extremely rich flavor.

Production area: Martina Franca municipality, Taranto province; Cisternino municipality, Brindisi province; Locorotondo municipality, Bari province
Presidium supported by: Martina Franca Municipality, Terrae Maris Tourism, Food and Wine Operators Consortium
Seasonality: produced from September to May.
Slow Food coordinator: Francesco Biasi – tel. 335 6231826 – slowfoodalberobello@virgilio.it
Producers' coordinator: Angelo Costantini – tel. 333 7403370 – costantiniangelo@libero.it

Murgia Carsica Black Chickpea

Puglia has various types of black chickpeas, but the Murgia Carsica is home to one specific traditional variety, small, hook-shaped and very wrinkly. Easy to grow, it was planted until the 19th century and eaten by rural families. It was customary to give the chickpeas to women in labor because they were considered a light but nutritious food. The Presidium involves around a dozen producers who have preserved the chickpea seeds. United in an association, they want to raise the profile of the chickpea outside the province of Bari, reviving what was once one of the area's most highly prized products.

Production area: Acquaviva delle Fonti, Cassano delle Murge, Santeramo in Colle municipalities and surrounds, Bari province
Presidium supported by: Bari Chamber of Commerce in collaboration with CIA
Seasonality: The chickpeas are harvested in August and are available dried year-round.
Slow Food coordinator: Angelo Nardulli – tel. 328 2841024 – nardulli.angelo@libero.it
Producers' coordinator: Vito Abrusci – tel. 339 1936517 – abrusciserv@libero.it

SAN MICHELE SALENTINO ALMOND-STUFFED FIGS PRESIDIUM © ALBERTO PEROLI

Polignano Carrots

Carrots ranging in color from pale yellow and deep orange to dark purple, red, blue or white are grown in San Vito, near Polignano a Mare. These are the original colors of a vegetable which has been selected to favor the orange variety. However, in some parts of Puglia it is still possible to find growers who have carefully preserved the seeds of various ecotypes handed down over generations. The fields near the sea have sandy soil and are irrigated with brackish water, making the carrots particularly delicious.

Production area: Polignano a Mare, Bari province
Presidium supported by: Puglia Region Department of Food and Agriculture
Seasonality: harvested from the first week of November until early May.
Slow Food coordinator: Giovanni Luca Maselli – tel. 338 8240539 – slowfood.glm@gmail.com
Producers' coordinator: Oronzo Giuliani – tel. 080 4240120 / 320 0565691

San Michele Salentino Almond-Stuffed Figs

The Alto Salento landscape is a succession of ancient olive, almond, fig and apricot trees and rows of grapevines. The figs and almonds are traditionally used to make almond-stuffed figs. The figs are picked while still green, opened up and dried in the sun for three days. A toasted almond, a piece of lemon peel and dried wild fennel are then placed inside each one. In recent years, many fig trees have been uprooted to make space for the more profitable grapevines, risking the loss of the distinctive character of this rural landscape. With the establishment of the Presidium, Slow Food wants to work with producers to protect the area's image and promote the flavor of the Alto Salento's traditional fruits.

Production area: San Michele Salentino and surrounding municipalities, Brindisi province
Presidium supported by: Puglia Regional Authority Department of Food and Agriculture
Seasonality: The figs are prepared from August to the end of September, and the finished product is available year-round.
Slow Food coordinator: Felice Suma – tel. 368 7082902– biofelix@libero.it
Producers' coordinator: Pierangelo Argentieri – tel. 335 7317047 – info@tenutamoreno.it

Torre Canne Regina Tomato

Regina is the name of a local variety of canning tomato grown in the brackish soils of the Coastal Dunes Regional Park in the upper Salento. The tomato takes its name Regina (queen) from its peduncle, which takes the shape of a crown as it grows. The fruits are small and rounded and have a thick skin - due to the brackish water that leaches into the soil of the coastal plots – which improves the variety's preservability, flavor and resistance to parasites. There is a local tradition of braiding the tomatoes in bunches called ramasole, by tying the peduncles together with a thread made from cotton grown in the local market gardens and spun by women at home.

Production area: Fasano and Ostuni municipalities, Brindisi province
Presidium supported by: Torre Canne and Torre San Leonardo Coastal Dunes Regional Park and the Cultural Association of Pezze di Greco's Living Nativity
Seasonality: harvested from July – a portion is eaten fresh and a portion is preserved by tying in bundles for consumption until the following April.
Slow Food coordinator: Angelo Iaia – tel. 338 7656566 – angelo.iaia@email.it
Producers' coordinator: Francesco Chialà – tel. 346 2350126 – chialafranco@libero.it

Torre Guaceto Fiaschetto Tomato

Around Brindisi everyone remembers the Fiaschetto tomato as a succulent delicacy, a sweet variety that is now back on the menu thanks to the Presidium. After studying vegetable gardens

located along the coast, one farmer planted the first experimental crop at an altitude of only 15 meters, a few hundred meters from the sea. Currently there are two Presidium producers cultivating two hectares using organic methods.

Production area: Torre Guaceto, Carovigno, municipality, Brindisi province
Presidium supported by: Torre Guaceto Natural Reserve
Seasonality: harvest begins from the second week of June and continues throughout the summer. The tomato sauce is available year-round.
Slow Food coordinator: Marcello Longo – tel. 347 4703926 – slowfood236@gmail.com
Producers' coordinator: Mario Di Latte – tel. 392 5038975 – mariodilatte@alice.it

Toritto Almond

Almonds were once grown all over the province of Bari, influencing both the agricultural landscape and popular culture. Today, the only area in which almond cultivation still plays an important role is Toritto, which lies between the lower and upper Murgia plateau. Heirloom almonds that have survived the invasion of higher-yielding Californian varieties can still be found here. They are named after famous citizens of Toritto, such as Antonio De Vito and Filippo Cea. Some of the producers have been investing in the re-launch of this cultivar for some time, and without their work it would have been lost forever.

Production area: Toritto municipality and surrounds, Bari province
Presidium supported by: Unioncamere Puglia, Puglia Regional Department of Food and Agricultural Resources
Seasonality: harvested from late August to early October, depending on the cultivar.
Slow Food coordinator: Leonardo Manganelli – tel. 329 8075548 leonardo.manganelli@fastwebnet.it
Producers' coordinator: Emilia D'Urso – tel. 349 4374955 – amygdalea@alice.it

SARDINIA

Casizolu

Though Montiferru lies in the middle of an area known for sheep and sheep's milk cheeses, it is home to an unusual pear-shaped cheese called Casizolu, made from cow's milk. The cheese is made by local women using fresh milk, kneading the curd in hot water to shape it into its classic form. Casizolu is made with milk of these hardy animals that are raised free-range in woodland pastures, giving their milk hints of grass, buttermilk, wood and leaves. The Presidium producers have joined together in the Casizolu of Montiferru Producers' Association.

Production area: Montiferru, Oristano province

SHEPHERDS' FIORE SARDO PRESIDIUM © ALBERTO PEROLI

Presidium supported by: Gal Montiferru Barigadu Sinis
Seasonality: production occurs from autumn to early summer, in accordance with the cycles of lactating cows.
Slow Food coordinator: Gabriella Belloni – tel. 347 7815664 – slowfood.mbp@gmail.com

Osilo Pecorino

Slightly smaller, taller and thinner than classic Sardinian sheep's milk cheeses Osilo Pecorino has an incredible smoothness thanks to pressing during production. Its aromas are typical of pecorino, but the flavor is unusually buttery, with notes of toasted hazelnuts. The cheese is unique, as is the smoked mustia ricotta made from its whey.

Production area: Osilo, Ploaghe, Codrongianos, Tergu and Nulvi municipalities, Sassari province
Presidium supported by: Sardinian Regional Department of Agriculture and Agro-Pastoral Reform
Seasonality: traditionally produced from October to July with a minimum aging period of 60 days.
Slow Food coordinator: Giusi Acunzo – tel. 342 1727988 – giusiacunzo@gmail.com
Producers' coordinator: Gavinuccio Turra – tel. 342 1267115 – gavinuccioturra@virgilio.it

Pompìa

This thorny wild tree, native to the Baronia coast, is similar to the orange tree. Its bright-yellow fruit are grapefruit-sized, with thick, warty skin and very acidic juice. Only the rind is used: the zest to flavor liqueurs and the pith candied and used to make aranzata, a sweet made from the Pompia, almonds, honey and hundreds and thousands candy.

Production area: Siniscola municipality, Baronia coast, Nuoro province
Presidium supported by: Siniscola Municipality, Sardinian Regional Department of Agriculture and Agro-Pastoral Reform
Seasonality: harvested when fully ripened between November and January. Transfomred products available year-round.
Slow Food coordinator: Renato Brotzu – tel. 0784 35357 – rebrotzu@tiscali.it

Sardinian Modican Cow

This hardy red cattle breed lives free-range year-round on Montiferru pastures. Sardinian Modican cows produce excellent milk and delicious meat that is also highly nutritious. The Presidium, created to protect this extraordinary breed, has already achieved some important steps. In the summer of 2002 the Consortium of Breeders of the Red Cow was formed and, through agreements with the region's butchers, has since obtained more rewarding prices for producers. The Sardinian Modician cow is now well known and appreciated by consumers across the island.

Production area: Montiferru, Oristano province
Presidium supported by: Gal Montiferru Barigadu Sinis, Sardinian Regional Department of Agriculture and Agro-Pastoral Reform
Seasonality: meat is available year-round.
Producers' coordinator: Giampaolo Mura – tel. 380 3026611

San Gavino Monreale Saffron

The production of this saffron starts with hand-picking the crocus flowers are at dawn, while still closed or slightly open. The petals are separated to allow the stigmas removed to be removed. They are then hand-rubbed with extra-virgin olive oil and left to dry. One hectare yields 9-10 kilograms of dried saffron. San Gavino Monreale Saffron is bright red in color with a heady aroma and a strong flavor.

Production area: San Gavino Monreale municipality, Cagliari province
Presidium supported by: Sardinian Regional Department of Agriculture and Agro-Pastoral Reform
Seasonality: flowering from late October to late November. Dried saffron can be found throughout the year.
Producers' coordinator: Chiara Meloni – tel. 340 4175387 – chiara222@tiscali.it

Shepherds' Fiore Sardo

The Presidium was set up with the aim of safeguarding traditional Fiore Sardo production in its historic area of origin, the small Sardinian towns of the Barbagia area. Here, artisan cheesemaking has been preserved largely due to a group of shepherds who rear Sardinian sheep and produce dozens of tons of raw-milk cheese without the use of dried starter cultures and with natural coatings and their own rennet. They also use a traditional cauldron called a piolu. Their output is very small in comparison to the huge quantities produced in industrial dairies, and if action is not taken to support sheep farming in Barbagia, high-quality Fiore Sardo will soon be at risk of disappearing.

Production area: Barbagia municipality, Nuoro province
Presidium supported by: Gal Barbagie and Mandrolisai, Sardinian Regional Department of Agriculture and Agro-Pastoral Reform
Seasonality: production from December to June with an aging period of at least four months.
Slow Food coordinator: Renato Brotzu – tel. 0784 35357 – rebrotzu@tiscali.it
Producers' coordinator: Salvatore Bussu – tel. 329 4749566

SICILY

Aci Trunzo Kohlrabi

Until the end of the 1940s, the "Aci" (the prefix used to identify the towns surrounding Acireale) provided Catania with excellent fruit and vegetables grown in Mount Etna's volcanic soil. Among the many vegetables, kohlrabi (Brassica oleracea var. gongylodes) was one of the most sought-after. The kohlrabi bulb has the purple streaks that the mineral-rich Etna soil gives to many of the local vegetables. The Presidium was established to promote the cultivation of the variety in the historic Etna area and to preserve the remaining vegetable gardens. Large shopping centers and mindless urbanization have led to the paving over of fertile land, leaving little space for agricultural activities around Catania's outskirts.

Production area: Acireale e Aci S. Antonio, Aci S. Filippo, Aci Catena, Aci Bonaccorsi and Aci Castello municipalities, Catania province
Presidium supported by: Sicily Regional Authority's Agriculture and Food Department
Seasonality: The kohlrabi is grown in two cycles, and harvested in May and June and again in October and November.

ACI TRUNZO KOHLRABI PRESIDIUM © PAOLO ANDREA MONTANARO

Slow Food coordinator: Annamaria Grasso – tel. 339 3277662 – agrasso.slowfood@alice.it
Producers' coordinator: Enzo Pennisi – tel. 330 961921 – enzo_pennisi@alice.it

Alcamo Purceddu Melon

The Alcamo Purceddu is an oval melon with wrinkled dark-green skin and succulent white flesh. It is a classic "winter" melon and one of the oldest and most important crops of Trapani's agriculture heritage. The melon harvest starts in June and the fruit are hung in a dry and ventilated environment, ripening and sweetening with time. The last ones are traditionally eaten at Christmas. An excellent table fruit, it is also used in ice cream and traditional Sicilian granita.

Production area: Alcamo, Castelammare del Golfo and Calatafimi municipalities, Trapani province; Camporeale, Roccamena and San Giuseppe Jato municipalities, Palermo province
Presidium supported by: Sicilian Regional Department of Agriculture and Forestry
Seasonality: harvested from August to September, but will keep until Christmas.
Slow Food coordinator: Franco Saccà – tel. 349 8178279 – francosac@libero.it
Producers' coordinator: Giuseppe Pirrone – tel. 338 2238878 – info@cafisu.it

Belìce Vastedda

Vastedda is Italy's only stretched-curd sheep's milk cheese. In the past, cheesemakers in the Belìce valley would make it during the summer as a way of salvaging defective sheep's milk cheeses. The name Vastedda probably comes from the dialect word vasta, meaning "gone bad". Today, it is made from the milk of the Valle del Belice sheep. Wonderfully fragrant and intensely flavored, the cheese should be eaten very fresh.

Production area: Belìce valley, Trapani, Agrigento and Palermo provinces
Presidium supported by: Sicily Regional Authority's Agriculture and Forestry Department
Seasonality: Vastedda is made from May to October.
Slow Food coordinator: Franco Saccà – tel. 349 8178279 – francosac@libero.it
Producers' coordinator: Baldo Cucchiara – tel. 0924 68023 / 333 3419865 info@aziendacucchiara.it

Bilìci Valley Siccagno Tomato

In the small villages in the Sicilian hinterland, no family starts winter without having prepared their own tomato puree, either on their own or in a group. The Siccagno tomatoes are processed during the height of summer, not only into passata (puree) but also double or triple tomato extract. The ideal tomatoes for this type of processing, however, can no longer be found. Dry cultivation does not require any water, but yields are low, and so the technique has been abandoned. One producer in Villalba has preserved a historic ecotype and sells dried tomatoes, puree and triple extract.

Production area: Upper Belìce valley municipalities, Caltanissetta and Palermo province
Presidium supported by: Sicily Regional Authority's Agriculture and Forestry Department
Seasonality: harvest is from mid-July to late-August, but it is available year-round as a puree and extract.
Slow Food coordinator: Pasquale Tornatore – tel. 348 3206302 – pasqualecator@tiscali.it
Producers' coordinator: Francesco Di Gèsu – tel. 0934 674869 – info@fattoriadigesu.it

Bronte Pistachio

This pistachio variety grows only in the hilly, volcanic soil around Bronte. Emerald green in color with a rich resinous aroma, Bronte pistachios are harvested by hand in small quantities. Though superior in quality, they are struggling to withstand competition from cheaper and less flavorful

nuts from Iran, Turkey and America. The Presidium was created to help Bronte pistachio producers distinguish their product on the market and protect this excellent variety.

Production area: Bronte municipality, Catania province
Presidium supported by: Sicilian Region's Agriculture and Forestry Department
Seasonality: The pistachio is harvested in September every second year (production is very low for one year following harvest) and the shelled nuts can be found year-round..
Slow Food coordinator: Annamaria Grasso – tel. 339 3277662 – agrasso.slowfood@alice.it
Producers' coordinator: Antonino Nunzio Caudullo – tel. 095 7722372 / 328 8283043 ncaudullo@tiscali.it

Castelvetrano Black Bread

The round Castelvetrano Black Bread loaves have hard, coffee-colored crusts sprinkled with sesame seeds and a soft, wheat-yellow interior. The dough is mixed from two flours: Sicilian white flour and tumminia flour, made from an ancient corn variety. It is the tumminia that gives Castelvetrano bread its dark color, softness and distinctive 'toasted' flavor. The other ingredients are water, salt and natural yeast. This bread is baked only in wood-fired ovens.

Production area: Castelvetrano municipality, Trapani province
Presidium supported by: Sicilian Regional Department of Agriculture and Forestry, G. Pietro Ballatore Consortium for the Research on Specific Cereal Sectors
Seasonality: produced throughout the year.
Slow Food coordinator: Francesco Sottile – tel. 328 9866195 – franci.sottile@gmail.com
Producers' coordinator: Tommaso Rizzo – tel. 0924 81088 / 340 0545109 rizzo.tommaso@libero.it

Ciaculli Late-Winter Mandarin

At one time the verdant citrus groves on the Conca d'Oro plain surrounding Palermo would welcome weary travelers at the end of the Grand Tour. Today little of the Conca d'Oro remains; in the last 50 years it has lost 80% of its cultivated area as the city has spread. One small area has remained around the villages of Ciaculli and Croceverde Giardina, where in the 1940s a natural variation of the Avana mandarin led to a new, late-ripening variety. The sweet, juicy, thin-skinned mandarin has very few seeds and ripens from January to March. The Presidium promotes the production of 65 small-scale growers united in a consortium.

Production area: rural areas around Palermo
Presidium supported by: Palermo Province, Sicilian Regional Department of Agriculture and Forestry
Seasonality: harvested from January to March and processed into juices and jams available year-round.
Slow Food coordinator: Mario Indovina – tel. 348 7274350 – marioindovina@hotmail.com
Producers' coordinator: Giovanni D'Agati – tel. 091 6301769 / 339 2614123 dagati@tardivodiciaculli.it

Cinisara Cattle

Until the 1950s, the mountains that stretch from behind Palermo to the Madonie were dotted with scattered herds of cows whose deep-black coats contrasted with the stony background. The Cinisara breed had been selected over the centuries to live in this harsh, wind-swept environment, with little greenery and searing temperatures during the summer. Now the population of this hardy breed has fallen dramatically, for the usual reason native breeds are abandoned: low productivity. Making Caciocavallo Palermitano cheese is the best use for the small amount of extraordinary milk produced by Cinisara cows, rich in fat and aromas from the typical Mediterranean vegetation on which they graze. The Presidium's seven farmers are joined in a consortium to protect the Cinisara cattle breed. The consortium promotes both the cheese and meat from the breed.

Production area: Palermo province
Presidium supported by: Sicily Regional Authority's Agricultural and Food Department
Seasonality: Cinisara cheese and beef are available throughout the year.
Slow Food coordinator: Mario Indovina – tel. 348 7274350 – marioindovina@hotmail.it
Producers' coordinator: Paolo Valentini – tel. 329 6167427 – valentini.pal@inwind.it

Delia Cuddrireddra

Taking its name from the Greek kollura, a ring-shaped, twice-baked bread, Delia Cuddrireddra is coiled into an intricate crown shape that is said to have been created in homage to the noblewomen living in Delia during the 13th-century Sicilian Vespers' War. Made with durum-wheat flour, eggs, sugar, a little lard, red wine, cinnamon and orange zest, the small cakes were originally made at home during carnival. Their characteristic ridges were made by a special comb normally used in weaving, a tool that can no longer be found.

Production area: Delia municipality, Caltanisetta province
Presidium supported by: Sicilian Region's Agriculture and Forestry Department
Seasonality: produced year-round.
Slow Food coordinator: Pasquale Tornatore – tel. 348 3206302 – pasqualecator@tiscali.it
Producers' coordinator: Gioacchino Lionti – tel. 0922 826825 / 333 1168701 info@lacuddrireddra.com

Enna Piacentinu

Around the Erei mountains and the Dittaino Valley, in the Sicilian province of Enna, the springs are rainy and the summers humid. The rich variety of plants (sulla, vetch, rosemary, wild fennel and many others typical of the Mediterranean maquis) growing between 400 and 800 meters above sea level makes this one of the parts of the island with the highest number of sheep farms. The native Sicilian sheep breeds raised in these hills include Comisana, Pinzirita and Valle del Belice. Since ancient times, their milk has been flavored with locally grown saffron and turned into Piacentinu, a sheep's milk cheese, named after the dialect word for "which is liked." At the moment, only three producers make Enna Piacentinu using raw milk, natural rennet and saffron grown within the nine municipalities. Current production cannot meet the high demand for the cheese. The Presidium wants this historic cheese to be re-evaluated and to involve other cheesemakers in the production area in order to increase the quantity produced and to promote it outside the province.

ENNA PIACENTINU PRESIDIUM © ALBERTO PEROLI

Production area: Aidone, Assoro, Barrafranca, Calascibetta, Enna, Piazza Armerina, Pietraperzia, Valguarnera and Villarosa municipalities, Enna province
Presidium supported by: Sicily Regional Authority's Agricultural and Food Department
Seasonality: Enna Piacentinu is available throughout the year.
Slow Food coordinator: Stefania Mancini Alaimo – tel. 333 9218021 – mancinialaimo@hotmail.com
Producers' coordinator: Gaetano Nicoletti – tel. 0935 667255 – ilcavalcatore@virgilio.it

Giarratana Onion

The Ibleo plateau is scored by narrow valleys running through the limestone landscape. This produces the brown soils which, together with the climate of this hilly area, provide the ideal conditions for cultivating this giant onion variety. Ranging in size from 200 grams to 2 kg, the Giarratana onion is an essential local ingredient, enhancing the flavor of many dishes. Its sweet taste, without any of the usual sharpness of onions, means it can also be used raw in salads, simply dressed with olive oil and salt.

Production area: Giarratana municipality, Ragusa province
Presidium supported by: Sicilian Region's Agriculture and Forestry Department
Seasonality: harvest in July and August and is available year-round in preserved products.
Slow Food coordinator: Lina Lauria – tel. 320 6339339 – lina.lauria@alice.it
Producers' coordinator: Salvatore Noto – tel. 333 2694009 – fagone.cipolladigiarratana@gmail.com

Girgentana Goat

The Girgentana goat, whose name comes from Girgenti (modern-day Agrigento), has distinctive long, spiraled horns and resembles breeds from Asia, where some believe its origins lie. Medium-sized with long, thick, white and occasionally dappled fleece, it has a short beard and a thick tuft of hair hanging over its eyes. The Presidium includes one cheesemaker who collects milk from local farms and produces raw-milk cheese, resulting in increased pride among the farmers and an increase in the number of goats. Today Presidium farmers raise around 700 animals, in particular around Agrigento.

Production area: Sicily, regional area
Presidium supported by: Sicilian Region's Agriculture and Forestry Department
Seasonality: available year-round.
Slow Food coordinator: Ignazio Vassallo – tel. 0922 878688 / 328 4206071 – ignazio.vassallo@tin.it
Producers' coordinator: Giacomo Gatì – tel. 0922 877604 / 339 2015195 – giagati@libero.it

MADONIE PROVOLA PRESIDIUM © ALBERTO PEROLI

Lampedusa Salted Round Sardinella

The round sardinella (Sardinella aurita) looks similar to the common sardine, but is stockier and larger, reaching up to 30 centimeters in length. The fish is found in large shoals in the southern Mediterranean. Fresh or salted and preserved in oil, the fish was once the main source of sustenance for Lampedusan sponge-divers during their long boat trips—from the end of the 19th century, sponge-fishing was one of the main activities for the islanders. The Presidium involves the last two fishermen on Lampedusa, who fish at night using purse seines. The Presidium wants to promote the tradition of fishing and preserving the round sardinella, a neglected fish that is still available in large quantities. Salted and preserved in oil, it is a real delicacy.

Production area: Lampedusa island, Agrigento province
Presidium supported by: Sicily Regional Authority's Agriculture and Food Department
Seasonality: The round sardinella is fished from May to November, but the salted fish preserved in oil are available year-round.
Slow Food coordinator: Massimo Brucato – tel. 338 7387757 – massimobrucato@alice.it
Producers' coordinator: Gaetano Di Maggio – tel. 333 3398880

Leonforte Broad Bean

The cultivation of the Leonforte broad bean today is still completely manual. It is for this reason precisely – laborious production and not profitable enough – that each year the number of available fields decreases. Between November and December, the furrows are prepared; seeds are planted in small groups and covered with soil. When the plants start to wilt, they are mown, dried in small bunches and beaten in the farm courtyard. To separate the "furba" (remains of stalks and leaves) from the seed, they are thrown into the air with a fork. The product is flavorful and does not need to be soaked for long; even the cooking times are relatively short. They are perfect dried for "ccu' i favi a du' munni" pasta and for the "frasculata" (polenta with wild fennel and roasted broad bean and chickpea flour).

Production area: Leonforte, Assoro, Nissoria, Enna and Calascibetta municipalities, Enna province
Seasonality: dried beans are available year-round
Slow Food coordinator: Stefania Mancini Alaimo – tel. 333 9218021 – mancinialaimo@hotmail.com
Producers' coordinator: Angelo Calì – tel. 339 2004123 – aziendaagricolarossi@tiscali.it

Madonie Manna

The bluish resinous substance that oozes from the bark of ash trees in Castelbuono and Pollina in the Madonie Mountains in the summer solidifies when exposed to the sun into Manna: a natural sweetener with a very low glucose and fructose content. The collection technique is very ancient, and has survived only in this small corner of the Mediterranean. Not all manna is of good quality; the purest is the manna eletta, which runs down in "stalactites" without touching the bark. The Presidium covers only the eletta manna.

Production area: Castelbuono and Pollina municipalities, Palermo province
Presidium supported by: Sicilian Region's Agriculture and Forestry Department
Seasonality: harvest from July to August, but available on the market year-round.
Slow Food coordinator: Carmelo Giunta – tel. 339 4457038 – casalvecchiogeraci@libero.it
Producers' coordinator: Mario Cicero – tel. 320 6661849 – mariocicero78@libero.it

Madonie Provola

This exceptional cheese is produced in one of Italy's most biodiverse areas, the Madonie mountains, most of which lie within a regional park. A typical stretched-curd cow's milk cheese (similar to its slightly more tapered cousin from the Nebrodi), it is shaped like a rounded wine

flask and has a thin, smooth, straw-yellow rind. Many cheesemakers still make artisanal Madonie Provola using raw cow's milk, with the addition of a small amount of sheep's milk. A lightly smoked version also exists.

Production area: Madonie mountains, Palermo province
Presidium supported by: Sicily Regional Authority's Agriculture and Forestry Department
Seasonality: Madonie Provola is made from March to June, and must be aged at least three months.
Slow Food coordinator: Aldo Gallina – tel. 339 4569452 – cataldo.gallina@libero.it
Producers' coordinator: Grazia Invidiata – tel. 328 4723440 – inv.sandra@inwind.it

Magghia Masculina

The Gulf of Catania is still dotted with small fishing boats. From Capo Mulini in the north, in front of the Cyclopean Islands, to Capo Santa Croce in the south, the fishermen set out their drift nets at night to catch the Masculina anchovies just as fishermen did in the times of Homer. Also called anciuvazzu and anciuvurineddu, these darting little fish have many names. The small heads of the fish get caught in the holes of the net called the maglie (the origins of the name Magghia), creating a natural bleeding, which produces a tastier and more prized fish. The Presidium also produces canned anchovies in salt in cugnitti – traditional ceramic containers.

Production area: Gulf of Catania
Presidium supported by: Sicilian Region's Agriculture and Forestry Department
Seasonality: fishing takes place from April to July and the salted product is available year-round.
Slow Food coordinator: Annamaria Grasso – tel. 339 3277662 – agrasso.slowfood@alice.it
Producers' coordinator: Gaetano Urzì – tel. 345 3881807 / 366 5616187 – coopgolfo@gmail.com

Maiorchino

Maiorchino is one of the largest and best sheep's milk cheeses in Italy. Suitable for long aging, It is produced from February until the middle of June (in good years). The cheese is made in small quantities from raw sheep's milk with added goat's or cow's milk, from livestock pastured on the rich meadows in the Peloritani Mountains. The production technique is highly complex and involves the long, patient task of bucatura – repeated piercing with a long needle to extract the excess whey from the center of the cheese.

Production area: Peloritani Mountains, Messina province
Presidium supported by: Sicilian Regional Department of Agriculture and Forestry
Seasonality: produced from February to June with a minimum aging period stipulated by the Presidium of four months.
Slow Food coordinator: Antonino Mostaccio – tel. 328 9170297 – antonino.mostaccio@ct.ingv.it
Producers' coordinator: Mario Mirabile – tel. 090 935886 / 360 531442

Menfi Spiny Artichoke

There is no question that the countryside around Menfi is the best suited to artichoke cultivation in all of Sicily. Over 600 hectares are planted with artichokes, but only 10 hectares are reserved for the traditional Menfi spiny variety. This variety was once the only one grown in the whole area, but in the 1980s it was replaced by more productive varieties, able to diversify the market and extend the growing season. The spiny artichoke is of high quality and has an elevated lignin content, making it excellent for cooking and preserving. The Presidium was set up to support a group of growers and help them successfully produce and market artichokes preserved in oil.

Production area: Municipalities in the area between the Carboj and Belice rivers (Trapani and Agrigento provinces)
Presidium supported by: Sicily Regional Authority's Agriculture and Food Department
Seasonality: The artichokes are harvested from December to April and are available preserved in oil year-round.
Slow Food coordinator: Mario Di Giovanna – tel. 340 4038051 – ing.digiovanna@tin.it
Producers' coordinator: Calogero Romano – tel. 389 5845254 – romanocalogero@libero.it

Minuta Olive

This rare and ancient Sicilian olive cultivar is hardy and resistant to extreme climates, growing on the highest slopes of the Nebrodi Mountains. The Minuta olive offers excellent nutritional benefits given its high concentrations of polyphenols and vitamin E. The small-medium fruit are harvested by hand from mid-October through to mid-December. The olive oil is delicate in flavor, well-balanced between bitter and spicy, and rich in fruity aromas with floral notes. This delicate quality, unusual in a Sicilian oil, makes it particularly well suited to fish dishes.

Production area: municipalities in the Nebrodi Mountains, Messina province
Presidium supported by: Sinagra Municipality, Sicilian Region's Agriculture and Forestry Department
Seasonality: harvested from mid-October to mid-December, the oil and table olives can be found throughout the year.
Slow Food coordinator: Alberto Nuzzi – tel. 0941 561614 – soat.brolo@regione.sicilia.it
Producers' coordinator: Carmelo Messina – tel. 0941 598287 / 349 0611428 c.messina71@virgilio.it

Modica Cottoia Broad Bean

Traditionally used to feed the cattle and rotated with cereal crops in the fields, as the legume could fix nitrogen in the soil, the broad bean has always been a staple ingredient in Modica's cuisine. Easy and quick to cook, the bean earned the name "cottoia," from "cotto" ("cooked"). Over the years, as living standards improved for the rural population and meat consumption increased, the cultivation of the Modica Cottoia bean decreased drastically. Slow Food, together with the UOS of Modica and the Confraternita della Fava Cottoia di Modica (Confraternity of the Modica Cottoia Bean), which includes 15 Modica Cottoia bean growers, is working to reintroduce the original seed and revive the bean's cultivation in the places it was traditionally grown.

Production area: Countryside around Modica: villages of Cannizzara, Mauto, Rassabia, Famagiorgia Calamarieri, Baravitalla, Bosco, Torre Palazzalla, Frigintini and Cinquevie
Seasonality: The Modica Cottoia broad bean can be eaten fresh after it is harvested in late May, and is available dried all year round.
Slow Food coordinator: Peppe Barone – tel. 334 1415235 – peppebarone1960@libero.it
Producers' coordinator: Salvatore Cassarino – tel. 333 6578405 – info@agriturismomelograno.it

MONREALE WHITE PLUM PRESIDIUM © ALBERTO PEROLI

Modicana Cow

A breed with a long history in Sicily, the Modicana has a red coat whose color ranges from burgundy to almost black. Raised outdoors all year round, particularly in the Iblei pastures and the Sicani mountains, the animals are brought inside only for milking. Like all semi-wild cows, they only produce milk if their calves are by their side. The milk itself is extraordinary, the ideal raw material for one of Sicily's most prized cheeses, Ragusano, and also used to make excellent Caciocavallo and Provola. The Presidium was established to promote the cheeses made from the breed's milk and to find a market for its highly nutritious meat.

Production area: Sicily, regional area
Presidium supported by: Sicily Regional Authority's Agriculture and Forestry Department
Seasonality: Raw Modicana milk is used to make Caciocavallo, Ragusano and Provola cheeses from October to May, but they can be found aged throughout the year.
Slow Food coordinator: Salvo Paolo Mangiapane – tel. 340 3348406 – salvopma@tin.it

Monreale White Plum

Small and sweet, with pale-yellow skin, these heart-shaped plums are sometimes called Aridd'a Core (tip of the heart) while a late-ripening variety is called Sanacore because according to popular belief it can protect against heart disease. The plums are cultivated in the gardens of Monreale, in the middle of the Conca d'Oro plain, by growers who still use an ancient method for preserving the fruit. The latest-ripening plums, picked in late August and September, are wrapped in delicate white paper like candies and stored in a cool place, where they can keep until November.

Production area: Monreale municipality, Palermo province
Presidium supported by: Sicily Regional Authority's Agriculture and Forestry Department
Seasonality: The plums are picked from July to September, and are available dried or preserved year-round
Slow Food coordinator: Paolo D'Amore – tel. 338 5405054 – pablo.1007@hotmail.it
Producers' coordinator: Marilù Monte – tel. 091 8889148 / 328 9714674 monte@susinebianche.com

Nebrodi Black Pig

This small, black pig breed is raised in a wild and semi-wild state in the beech and oak forests of the Nebrodi Mountains. It is hardy and frugal, however its population has dropped considerably in recent years. Key to rescuing this breed is promoting its excellent meat, which can be used in many Sicilian cured meat specialties like Salame Felata, Nebrodi salami, capocollo and pancetta.

Production area: municipalities in the Nebrodi area, Messina, Enna and Catania provinces
Presidium supported by: Sicilian Region's Agriculture and Forestry Department
Seasonality: cured pork products available year-round.
Slow Food coordinator: Vincenzo Pruiti – tel. 0941 438179 / 320 4206027 soat.castellumberto@regione.sicilia.it
Producers' coordinator: Sebastiano Agostino Ninone – tel. 338 5787033 – agostino@lapaisanella.com

Nebrodi Provola

This Provola is a traditional Caciocavallo cheese made by cheesemakers in the Nebrodi Mountains. Its size varies according to area of production: 1 kg in the northwestern mountains, 1.5 kg or more in the central region and 5 kg in the eastern Nebrodi. The cheese has the typical oval Caciocavallo shape topped with a small ball, used to tie it up for hanging. The cheese rind is smooth, glossy and pale amber in color and the flavor develops from sweet to piquant with aging.

Production area: the whole Nebrodi area, Messina, Catania and Enna provinces
Presidium supported by: Sicilian Region's Agriculture and Forestry Department
Seasonality: cheesemaking from March to June with at least three months aging
Slow Food coordinator: Vincenzo Pruiti – tel. 0941 438179 / 320 4206027 soat.castellumberto@regione.sicilia.it
Producers' coordinator: Tindaro Agostino Ninone – tel. 0941 919279 / 335 6651139 info@lafiumara.it

Noto Almond

In the almond groves of Val di Noto, an extraordinary almond is still produced: the romana, excellent for pasty making. This ancient variety has a thick, woody shell that protects the oils, conserving at length the flavor and aromas of the almond. Yields, however, are very low. The Presidium has drafted guidelines and united almond growers into an association. The objective is for producers to be more autonomous and ensure that in the future, almonds are shelled, dried, peeled and sold directly by the producers themselves.

Production area: Noto, Avola, Rosolini and Canicattini Bagni municipalities, Syracuse province
Presidium supported by: Sicily Regional Authority's Agriculture and Forestry Department
Seasonality: harvesting takes place from July to August.
Slow Food coordinator: Carmelo Maiorca – tel. 347 6557018 – carmelomaiorca@libero.it
Producers' coordinator: Concetto Scardaci – tel. 320 6747170 – scardaciconcetto@yahoo.it

Nubia Red Garlic

This garlic is named after a small village near Paceco and for its deep red color. The outer papery layer of the bulb is white, but the 12 intensely flavored cloves have a bright-red skin. The bulbs are traditionally preserved by weaving up to 100 of them into large plaits, which are hung from balconies or in cellars and storerooms. Nùbia garlic is integral to the cuisine of Trapani, particularly in dishes such as pasta with Trapanese pesto and fish couscous.

Production area: Paceco municipality and suitable areas of other nearby municipalities, Trapani province
Presidium supported by: Sicilian Region's Agriculture and Forestry Department
Seasonality: harvested in May and June and dried for consumption throughout the year.
Slow Food coordinator: Franco Saccà – tel. 349 8178279 – francosac@libero.it
Producers' coordinator: Giovanni Manuguerra – tel. 349 8659474 – vito.manuguerra@alice.it

NOTO ALMOND PRESIDIUM © ARMANDO ROTOLETTI

Paceco Cartucciaru Melon

From June onwards, the fields around Paceco, in the province of Trapani, fill with melons. They ripen early and are very productive, and at the start of the season demand is high, but by the end of July the price has fallen and it is no longer even worth harvesting them. Despite their high quality, traditional varieties have been abandoned because they are less productive. One example is the Paceco Cartucciaru, which has a tapered shape with curved ends, a smooth yellow rind and juicy white flesh. Thanks to the work of experts from the regional authority and a handful of growers, original Cartucciaru seeds are now being replanted. The Presidium wants to revive the melon's cultivation.

Production area: Paceco municipality and part of Trapani municipality, Trapani province
Presidium supported by: Sicily Regional Authority's Agriculture and Food Department
Seasonality: The Cartucciaru melons are harvested from June to August. When hung up somewhere cool and airy, they become sweeter and can keep for at least two months.
Slow Food coordinator: Giuseppe Raineri – tel. 335 6679150 – raineribenessere@tiscali.it
Producers' coordinator: Gaspare Fazio – tel. 320 6558313 – gaspare1927@libero.it

Peach in a Bag

Called "late-harvest", as they are harvested in September, October and November, these peaches have always been cultivated in Leonforte, near Enna. The particularity of this type of cultivation is that the still unripe peaches are wrapped, one by one, in parchment paper bags to protect them from the wind, hail and parasites. They can stay on the tree until harvest, which takes place when they are perfectly ripe, by slightly twisting the stalk. The bagging requires certain practice and a lot of patience. It is an unfortunately expensive cultivation technique, but guarantees exceptional organoleptic quality. The farmers in the area offer the market a healthy and genuine product, with no parasite treatment, in a season in which only imported peaches could be eaten.

Production area: Leonforte, Assoro, Nissoria, Enna and Calascibetta municipalities, Enna province
Seasonality: The peach is harvested from August to October.
Slow Food coordinator: Stefania Mancini Alaimo – tel. 333 9218021 – mancinialaimo@hotmail.com
Producers' coordinator: Salvatore La Delfa – tel. 339 6141065 / 328 1512135 salvatoreladelfa@tiscali.it

Polizzi Badda Bean

The two-tone Polizzi Badda bean has been grown in the vegetables garden of Polizzi Generosa in the Madonie Mountains for two centuries. Round and medium-small in size, the bean's name, Badda, comes from the local dialect and refers to its ball-like shape. The bean is ivory-colored with markings that can be either pinkish-orange or dark purple, almost black. Badda beans are cooked fresh or dried in traditional local dishes.

PACECO CARTUCCIARU MELON PRESIDIUM © PAOLO ANDREA MONTANARO

Production area: Polizzi Generosa municipality, Palermo province
Presidium supported by: Sicilian Regional Department of Agriculture and Forestry, Palermo Province
Seasonality: harvested from August to September and the dried beans can be found year-round.
Slow Food coordinator: Anna Virga – tel. 340 9049741 – annavirga@virgilio.it
Producers' coordinator: Roberta Billiteri – tel. 340 5624176 – robilliteri@libero.it

Ragusano Donkey

Until 30 or 40 years ago, the donkey played an important role in the southern Italian countryside. Today Sicily's native breeds, including the Ragusana, are in danger of extinction. This donkey's coat is dark reddish brown coat with a light stomach, a smooth gray muzzle and a black mane and tail. Its large eyes are circled with white and it has straight medium-length ears, a broad back and robust limbs. Donkey's milk is very similar to human milk and it can be used to feed babies suffering from food intolerances.

Production area: the whole of Sicily
Presidium supported by: Sicilian Region's Agriculture and Forestry Department
Seasonality: the milk is available all year but it only be purchased directly from the producers. The milk is also used in the production of cosmetics.
Slow Food coordinator: Sabina Zuccaro – tel. 347 0557663 – sabi2z@libero.it
Producers' coordinator: Ketty Torrisi – tel. 333 5275920 – kettytorrisi@alice.it

Rosolini Greens

The town of Rosolini lies between the provinces of Ragusa and Syracuse, at the foot of the Iblei mountains and a few kilometers from the Noto Valley. Here, it has long been traditional to plant a type of leafy green, known as "cavolo vecchio" ("old cabbage"), around the edge of manure pits and family vegetable plots. The long-lived brassica, similar to collard greens and productive for up to six or seven years, would be planted out between July and August and began to produce its first leaves for cutting from the beginning of October, continuing to the end of March. The seeds were reproduced by the families and the greens were cultivated only for home consumption. The leafy greens would be found on every table in the Iblea area, and particularly in and around Modica.

Production area: Rosolini, Noto and Palazzolo municipalities, Syracuse province; Ispica, Modica and Ragusa municipalities, Ragusa province
Seasonality: Harvested between August and March, the greens are eaten fresh.
Slow Food coordinator: Franco Motta – tel. 347 3438731 – francescomott@gmail.com
Producers' coordinator: Piergiorgio Gerratana – tel. 328 3199734 – piergiorgio111@gmail.com

Salina Caper

The caper bush is an integral part of the landscape on the island of Salina and capers were the cornerstone of island's economy until the advent of tourism. Today the industry is in crisis because of competition from cheaper North African capers. Traditionally, the capers are picked by hand and placed in wooden barrels in layers alternated with coarse salt. They are ready to eat after about a month and can be stored for up to three years. Salina capers are known for their firmness, fragrance and uniformity and are available in four sizes: lagrimelle, tacks, pimps and capperoni.

Production area: Salina island, Messina province
Presidium supported by: Sicilian Regional Department of Agriculture and Forestry
Seasonality: harvested from May to August, preserved capers available year-round.
Slow Food coordinator: Giuseppe La Malfa – tel. 339 7847912 – lamalfanet@tin.it
Producers' coordinator: Daniela Virgona – tel. 338 7455912 – info@saporieolianisalina.it

Sciacca and Ribera Wild Strawberry

It seems that the small strawberries still cultivated today in this part of Agrigento are the descendants of seedlings brought to Sicily by veterans returning from the Great War. The wild strawberries survived and acclimatized well, turning into a local ecotype that spread through the Verdura valley. The tiny, spherical bright-red fruit are aromatic and highly scented. Ribera wild strawberries have quite a short harvesting season and are very delicate, and the number of growers is increasingly small. The Slow Food Presidium wants to raise the fruit's visibility, including promoting its use in ice cream and jams.

Production area: Sciacca, Ribera, Caltabellotta and Menfi municipalities, Agrigento province
Presidium supported by: Sicily Regional Authority's Agriculture and Food Department
Seasonality: The strawberries are picked from early April until the end of May.
Slow Food coordinators: Mario Di Giovanna – tel. 340 4038051 – ing.digiovanna@tin.it
Angela Matina – tel. 389 1184137 – avv.angela.matina@alice.it
Producers' coordinator: Michele Bono – tel. 0925 86953/340 3417027 – m.bono@regione.sicilia.it

Scicli Cosaruciaru Bean

In Sicilian dialect, cosaruciaru means "sweet thing," and this bean from Scicli is especially sweet. Creamy white in color with distinctive reddish-brown streaks around the hilum, the cannellini-type bean has a very thin skin. The seeds of this ecotype were passed down through generations of Scicli families, but over time it has become an increasingly marginal crop. With the Presidium, Slow Food wants to unite all the producers into an association and preserve this small example of local biodiversity, seeking also to inspire younger growers to start cultivating the bean.

Production area: Scicli municipality, Ragusa province
Presidium supported by: Sicily Regional Authority's Agriculture and Food Department
Seasonality: The beans are harvested from the middle of October to the middle of November, but can be found dried year-round.
Slow Food coordinator: Stefania Lattuca – tel. 348 8074828 – lattucastefania@gmail.com
Producers' coordinator: Bartolomeo Ferro – tel. 338 1185438 – ferrobartolomeo@alice.it

Scillato Apricot

The town of Scillato lies in the valley of the Grande River at the foot of the Madonie Regional Natural Park near Palermo. Water from ancient springs creates fertile terrain, where gardens, olive tree groves and orchards thrive. It is here that a particular variety of apricot is produced. The fruit, which ripens early, is small in size, often with red-colored tones, and has an intense flavor. The large trees are often older than 30 or 40 years. Their cultivation is traditional: They are pruned every year and the fruit is picked gradually by hand. No chemical treatments are used on the soil or trees. As the apricot is sensitive to handling and transport, the market is limited to the local area. It is used to make an excellent jam. Last year, five young people from Scillato decided to commit to promoting the products of their territory, transforming this passion into a reason not to abandon their town.

SCICLI COSARUCIARU BEAN PRESIDIUM © PAOLO ANDREA MONTANARO

Production area: Scillato municipality, Palermo province
Seasonality: The fruit begins to mature at the beginning of May and generally lasts two to three weeks.
Slow Food coordinator: Francesco Sottile – tel. 329 9866195 – franci.sottile@gmail.com
Producers' coordinator: Alberto Battaglia – tel. 329 0848032 – icarusi.scillato@gmail.com

Sicilian Black Bee

The Sicilian bee, or "sicula" in local dialect, has lived on the island for thousands of years, but is now at risk of extinction. It can be distinguished from the common Apis mellifica ligustica, also known as the Italian bee, by its very dark, almost black, color and small wings. It is docile and productive, even at high temperatures when other bees stop working, and stands up well to temperature extremes. This species was abandoned in the 1970s and 80s when Sicilian beekeepers replaced traditional hives called bugni, made from square lumps of wood, and began to import bees from northern Italy. Today a small group of beekeepers is working with CRA-API (the Honey Bee and Silkworm Unit of the Italian Agricultural Research Counci) and the Universities of Catania and Palermo, and the Zooprofilattico Institute. Their objective is the reintroduction of this breed across the island and expanding the number of beekeepers who can produce pure Sicilian black bee honey.

Production area: Palermo and Trapani provinces
Presidium supported by: Sicilian Region's Agriculture and Forestry Department
Seasonality: the honey is produced from April to July.
Slow Food coordinator: Rosario Gugliotta – tel. 335 8391030 – rguglio@tin.it
Producers' coordinator: Carlo Amodeo – tel. 091 8114615 / 337 967373
apicolturaamodeo@libero.it

Trapani Artisanal Sea Salt

This unrefined artisanal sea salt is obtained by evaporating seawater in huge shallow pools – "le saline" – by the shoreline. Along the coast near Trapani, an important saltworks exists against a scenic backdrop of windmills and white pyramids of salt that turn pink with the sunset. Trapani artisanal sea salt is actually saltier than table salt, as it contains more potassium and magnesium and less sodium chloride.

Production area: Trapani and Paceco municipalities, Trapani province
Presidium supported by: Sicilian Region's Agriculture and Forestry Department
Seasonality: the salt is produced from July to September, but is available throughout the year.
Slow Food coordinator: Giuseppe Raineri – tel. 335 6679150 – raineribenessere@tiscali.it
Producers' coordinator: Carmelo Culcasi – tel. 0923 867374 / 338 6062549 – salineculcasi@alice.it

Ustica Lentil

The island of Ustica is home to a tiny variety of lentil. Traditionally cultivated entirely manually in the island's fertile, volcanic soil, they are dark brown, tender and flavorful. They do not need to be soaked, and cook in 45 minutes. Classically the lentils are used in vegetable soup scented with basil or wild fennel or cooked with broken spaghetti to make pasta with lentils.

Production area: Ustica Island, Palermo province
Presidium supported by: Sicilian Region's Agriculture and Forestry Department
Seasonality: harvested in June, the dried lentils can be found year-round.
Slow Food coordinator: Marta Lo Sicco – tel. 339 2530638 – martalosicco@libero.it
Producers' coordinator: Margherita Longo – tel. 091 8449543 / 339 5212822
tramontana78@hotmail.com

Villalba Lentil

The lentils reached their peak production between the 1930s and the 1960s, when around 30 percent of Italian lentils came from Sicily, and especially Villalba. This legume was particularly in demand for its remarkable sensory characteristics and because the market at the time favored the large-seed types. Later the cost of labor and limited yields forced many producers to abandon the crop, already in decline from the 1980s onwards. The Presidium wants to promote this fascinating and iron-rich legume.

Production area: Villalba municipality and part of the municipalities of Mussomeli, Marianopoli, Vallelunga and Cammarata, Caltanissetta province
Presidium supported by: Sicily Regional Authority's Agriculture and Food Department
Seasonality: The lentils are harvested in mid-June, and once dried they are available year-round.
Slow Food coordinator: Pasquale Tornatore – tel. 348 3206302 – pasqualecator@tiscali.it

TUSCANY

Artisanal Pontremoli Testarolo

Pontremoli testarolo is cooked on a traditional cast-iron griddle, the testo. In addition to the use of native wheat grown in the Zerasche mountains, this testarolo is very different from the better-known type, common in the Lunigiana, cooked on steel plates. The difference is immediately evident: Artisanal testaroli are full of holes due to the evaporation of water from the dough, and are thin, soft and light. Testarolo is usually eaten like pasta, with pesto. In the past it was served with a mix of pecorino or Parmesan, finely chopped basil and olive oil.

Production area: Pontremoli and neighboring municipalities, Massa Carrara province
Presidium supported by: Municipality of Pontremoli, Massa Carrara Provincial Authority
Seasonality: Produced year-round.
Slow Food coordinator: Marco Cavellini –tel. 333 3261940 – slowfoodluniapua@gmail.com
Producers' coordinator: Alberto Bellotti – tel. 0187 832582

Bazzone Prosciutto

The name Bazzone refers to the shape of this prosciutto, which is particularly elongated and resembles a protruding chin—bazzo in local dialect. The prosciutto comes from pigs raised in semi-wild conditions and fed on farro, apples, pears, chestnuts, acorns and scotta (the leftovers from local cheese production). The resulting rosy-colored cured ham is delicate, offering musky scents of acorns and chestnuts. Bazzone prosciutto pairs very well with Garfagnana potato bread.

CASOLA MAROCCA PRESIDIUM © CARLO FANTI

Production area: Middle Serchio valley and the Garfagnana municipalities, Lucca province
Presidium supported by: Middle Serchio Valley Mountain Community
Seasonality: The traditional production period runs from September to April/May, and the prosciutto must age for at least 20 months.
Slow Food coordinator: Alessio Pedri – tel. 349 3285213 – alessio.pedri@gmail.com
Producers' coordinator: Rolando Bellandi – tel. 0583 77008 – info@anticanorcineria.it

Carmignano Dried Fig

Dottato is the best variety for making Carmignano dried figs. The figs are split open and laid out on reed matting, steamed with sulfur and then dried in the sun for four or five days. After resting for a month in a cool, dry place (during which time a sugary coating, the gruma, forms on the skin), the figs are layered in figure-eight-shaped picce. Aniseeds are placed between each pair of figs. The figs are eaten either as an accompaniment to Prato mortadella or as a dessert with Vin Santo wine.

Production area: Carmignano and Poggio a Caiano municipalities, Prato province
Presidium supported by: Prato Provincial Authority, Municipality of Carmignano, Prato Chamber of Commerce
Seasonality: The figs are picked from the middle of August to the end of September. Carmignano dried figs cannot be sold before September 29, the day of Saint Michael, Carmignano's patron saint.
Slow Food coordinator: Mirko Benzi – tel. 349 5588130 – info@slowfood.prato.it
Producers' coordinator: Siro Petracchi – tel. 335 354906 – siro.petracchi@virgilio.it

Casentino Prosciutto

The Presidium has revived the ancient Casentino tradition of making prosciutto from the meat of Casentino gray pigs raised in semi-wild conditions. According to a strict production protocol these pigs are farmed following traditional methods, left to roam outdoors so their diet comes mostly from grazing in the undergrowth below oaks and chestnuts and supplemented by natural plant-based feed. Casentino prosciutto has a round, slightly elongated and flattened shape and ages for at least 18 months.

Production area: Casentino municipalities, Arezzo province
Presidium supported by: Arezzo Provincial Authority, Arezzo Chamber of Commerce, Casentino Mountain Community
Seasonality: The prosciutto is made all year, except during the summer, and must age for at least 18 months
Slow Food coordinator: Giancarlo Russo – tel. 335 5921224 – info@formcibus.it
Producers' coordinator: Simone Fracassi – tel. 0575 591480 – macelleriafracassi@alice.it

Casola Marocca

The name Marocca probably comes from the dialect word marocat, meaning "unyielding", as in the past this bread was very hard. It is made by mixing chestnut and wheat flour with mashed potatoes. Traditional to the Lunigiana area, the bread was baked year-round because of the long life of chestnut flour, the only kind always available in the mountains (wheat was grown only lower down in the valley).

Production area: Casola in Lunigiana municipality, Massa-Carrara province
Presidium supported by: Massa-Carrara Provincial Authority
Seasonality: Marocca is made year-round, because of the long life of chestnut flour, but mostly in November and during the rest of the fall because of the availability of fresh flour.
Slow Food coordinator: Marco Cavellini – tel. 333 3261940 – slowfoodluniapua@gmail.com
Producers' coordinator: Fabio Bertolucci – tel. 347 2354711 – lamaroccadicasola@email.it

Certaldo Onion

Cited in Boccaccio's Decameron, the Certaldo onion has become a symbol of its home town. Two varieties exist. The Statina is round in shape and purplish in color with sweet, flavorful, succulent flesh, and is best eaten fresh in the summer. The bright red, pungent Vernina is slightly squashed, and is found from the end of August through the winter months. Both varieties are excellent for soups and in francesina, boiled beef with onions.

Production area: Certaldo municipality, Florence province
Seasonality: Statina onions are harvested from May to August, Vernina onions from August to September.
Slow Food coordinator: Andrea Tongiani – tel. 335 353439 – tongia2002@libero.it
Producers' coordinator: Luca Rosetti – tel. 340 0514288 – aziendaagricolarosetti@live.it

Garfagnana Biroldo

Garfagnana Biroldo is a traditional blood sausage made from pig's head (boiled and deboned) and blood, seasoned with wild fennel, nutmeg, cloves, cinnamon, star anise and sometimes garlic, as well as salt and pepper. The mixture is formed into sausages which are boiled for three hours. Garfagnana Biroldo is soft and balanced on the palate, the blood and spices not dominating the flavor of the lean head meat but offering delicate, lingering aromas. The Presidium has joined together the few remaining producers of Biroldo and united them in an association. It will helps them raise the profile of this historic product.

Production area: municipalities in the Garfagnana and Middle Serchio valley, Lucca province
Presidium supported by: GAL Garfagnana, Garfagnana Mountain Community, Middle Serchio Valley Mountain Community
Seasonality: The traditional production period runs from October to April.
Slow Food coordinator: Alessio Pedri – tel. 349 3285213 – alessio.pedri@gmail.com
Producers' coordinator: Luigi Angelini – tel. 0583 666101 – guazzelli.marco@virgilio.it

Garfagnana Potato Bread

The tradition of making this potato bread, called garfagnino, lives on in Garfagnana and part of the Serchio valley. The bread dough includes about 15 percent mashed potatoes, making the finished bread softer and more fully flavored. The huge loaves, weighing 1 or 2 kilos, are sliced and served with Garfagnana cured meats, which in line with Tuscan tradition are all heavily salted.

MAREMMANA CATTLE PRESIDUM © FIAF

Production area: Garfagnana, Lucca province
Seasonality: Traditionally produced from July to March, from when potatoes are harvested until the end of their storage period.
Slow Food coordinator: Alessio Pedri – tel. 349 3285213 – alessio.pedri@gmail.com
Producers' coordinator: Paolo Magazzini – tel. 0583 696143 – magazzini.paolo@libero.it

Goym Sfratto

This cigar-shaped cookie has a thin layer of unleavened dough wrapped around a filling of chopped walnuts, honey, orange peel and nutmeg. One of the most important products from the Jewish tradition in Pitigliano and Sorano, it represents the blending of Jewish tradition and the cuisine of the Maremma area.

Production area: Pitigliano and Sorano municipalities, Grosseto province
Presidium supported by: Grosseto Provincial Authority, Municipality of Pitigliano
Seasonality: Sfratto cookies are made all year, but especially during the Christmas period.
Slow Food coordinator: Nicola Santoro – tel. 392 3900051
Producers' coordinator: Massimo Ulivieri – tel. 338 3373955 – ulivierimassimo@alice.it

Lucca Red Bean

For centuries, grains and beans have been grown in the plains around Lucca, especially the Lucca red bean, cultivated in the most fertile areas. The beans are varying shades of red, with darker streaks ranging from burgundy to almost black. Their intense flavor and soft texture makes the beans ideal for traditional Lucca dishes like soups with farro and vegetables or pasta and beans. Careful selection has allowed the recovery of the seed, thanks to a number of growers who continued to cultivate the Lucca red beans and other traditional varieties. The Presidium wants to promote this shared heritage and bring it to the market, encouraging local restaurants to serve typical dishes using the historic local bean.

Production area: Lucca, Capannori and Porcari municipalities, Lucca province
Presidium supported by: Funds collected from the Slow Food Chefs' Alliance in 2011
Seasonality: The beans are picked from August to early September and are available dried year-round
Slow Food coordinator: Marco Del Pistoia – tel. 329 7399748 – rossodilucca@gmail.com

Mallegato

The tradition of blood sausage made without pork (save for a little lard) still survives in San Miniato. In the classic version, the fresh blood is enriched with lardons, salt, nutmeg, cinnamon, pine nuts and raisins. The sausages are then boiled in large pans until they reach the right consistency. Mallegato sausages are very dark, almost black, and somewhat of an acquired taste, aromatic from the spices and sweet from the blood. They can be eaten cold, cut in thick slices, or floured and pan-fried.

Production area: Pisa province, especially in and around San Miniato
Presidium supported by: Pisa Provincial Authority, Municipality of San Miniato
Seasonality: Typically produced in the winter, from October to April.
Slow Food coordinator: Lucia Alessi – tel. 339 1500740 – slowfoodsanminiato@alice.it
Producers' coordinator: Sergio Falaschi – tel. 0571 43190 – info@sergiofalaschi.it

Maremmana Cattle

This native breed has large lyre-shaped horns and a pale coat with hints of gray. Hardy and extraordinarily robust, it is not suited to life in the cattleshed. This explains the survival of the figure of the buttero, a horse-riding cowboy who herds the free-ranging cattle. This natural

farming style is good for the well-being of the animals and makes for flavorful and wholesome meat. The classic local recipe is a stew made with tougher cuts of meat.

Production area: Maremma, Grosseto province
Presidium supported by: Grosseto Provincial Authority
Seasonality: Maremmana beef is available year-round.
Slow Food coordinator: Giulio Malvezzi – tel. 328 7426245 – giuliomalvezzi@gmail.com
Producers' coordinator: Marco Locatelli – tel. 0564 407180 – razzamaremmana@libero.it

Orbetello Botargo

The art of preserving fish was probably introduced to Orbetello by the Spanish, who smoked eels and dressed fish with vinegary escabece as early as the 16th century. Gray mullet botargo (from the Arabic botarikh, meaning "salted fish roe") has long been produced here. The botargo is prepared by delicately extracting the female fish's egg sacs, placing them under salt for a few hours, and then pressing them and letting them dry. Amber in color and very tender, it is excellent sliced thinly with a drizzle of extra-virgin olive oil and a squeeze of lemon.

Production area: Orbetello lagoon, Grosseto province
Presidium supported by: Grosseto Provincial Authority
Seasonality: Mullet fishing takes place all year, but culminates between August and September.
Slow Food coordinator: Massimo Bernacchini – tel. 348 7304261 – info@orbetellopesca.it
Producers' coordinator: Pierluigi Piro – tel. 0564 850015 – piroluigi@virgilio.it

Prato Mortadella

In Tuscany, mortadella developed as a way to use up scraps of meat left over from making salami and the poorer cuts of pork. In the early 20th century in Prato and some areas of the province of Pistoia, these meats began to be gathered together, seasoned with spices and spirits, formed into sausages and boiled. Prato mortadella has a distinctive opaque pinkish color, the result of the addition of a few drops of Alchermes liqueur to the mixture, and exudes exotic spicy aromas.

Production area: Prato and Agliana municipalities, Pistoia province
Presidium supported by: Prato Provincial Authority, Prato Chamber of Commerce
Seasonality: Produced throughout the year.
Slow Food coordinator: Mirko Benzi – tel. 349 5588130 – info@slowfood.prato.it
Producers' coordinator: Carlo Conti – tel. 0574 630192 – info@salumificio-conti.com

SORANA BEAN PRESIDIUM © GIUSEPPE FASSINO

Pistoia Mountain Pecorino

In the mountains around Pistoia, some families of shepherds and cheesemakers still make pecorino following centuries-old methods. The Massese sheep graze in mountain pastures and only natural rennet and raw milk are used. The breed has glossy black wool, a ram's profile and dark spiraled horns. The cheesemakers make three types of pecorino from its milk: fresco (aged 7-20 days), abbucciato (aged at least 35 days) and da serbo (aged from 2-3 months to a year).

Production area: Pistoian mountain municipalities, Pistoia province
Presidium supported by: Pistoia Provincial Authority, Pistoia Provincial Breeders Association, Pistoian Apennines Mountain Community, Pistoia Mountains and Valleys Consortium
Seasonality: The cheese can be found year-round, with respect for the Massese lactation cycle, but the fresh pecorino is best in the spring and fall.
Slow Food coordinator: Giulio Malvezzi – tel. 328 7426245 – giuliomalvezzi@gmail.com
Producers' coordinator: Renzo Malvezzi – tel. 335 331718 – renzo.malvezzi@toscanallevatori.it

Sorana Bean

This unusual variety of cannellini bean is small and very thin-skinned with a squashed, almost flat shape. Flavorful and easy to digest, the bean is grown in a small valley in the province of Pistoia, along the banks of the Pescia River. Just a few hectares are planted with the beans and they are still picked by hand before being dried in the sun for three to four days. The beans are then preserved for the winter in special containers, along with peppercorns, valerian root or bay leaves.

Production area: Pescia valley, Pescia municipality, Pistoia province
Presidium supported by: Municipality of Pescia, Pistoian Apennines Mountain Community, Pistoia Mountains and Valleys Consortium
Seasonality: The beans are picked from August to September, and once dried they are available year-round.
Slow Food coordinator: Giulio Malvezzi – tel. 328 7426245 – giuliomalvezzi@gmail.com
Producers' coordinator: Renzo Malvezzi – tel. 335 331718 – renzo.malvezzi@toscanallevatori.it

Tuscan Sea Palamita

Wrongly believed to be of lesser quality than tuna, palamita (Atlantic bonito) is a delicacy best enjoyed preserved in oil with bay leaves, pepper and ginger. Fished throughout the Tuscan archipelago, it is a member of the tuna and mackerel family, and has a similar appearance to the two fish. Very long (sometimes up to 80 centimeters), the fish has a wide mouth and sharp teeth and is electric blue in color with black stripes.

Production area: The sea around the Tuscan archipelago, Grosseto and Livorno provinces
Presidium supported by: Grosseto Provincial Authority, Livorno Provincial Authority
Seasonality: The fish is caught from late spring to early summer (May-June) and then in the fall (October-November). It can be found preserved in oil throughout the year.
Slow Food coordinator: Massimo Bibbiani – tel. 0586 760095 – maxbib@alice.it
Producers' coordinator: Massimo Bernacchini – tel. 348 7304261 – info@orbetellopesca.it

Valdarno Tarese

The most salient feature of this pancetta —known locally as Tarese—is its large size, 50 by 80 centimeters. It is made from the back and belly of the pig, seasoned with red garlic and a mix of ground pepper, orange peel and spices. After about ten days packed in salt, the meat is washed and weighed down to dry for a day. The process of salting and spicing is repeated, and then the pancetta is covered in pepper and left to age for two to three months.

Production area: Montevarchi, San Giovanni Valdarno, Bucine and Terranuova Bracciolini municipalities, Valdarno area, Arezzo province
Presidium supported by: Arezzo Provincial Authority, Arezzo Chamber of Commerce, Municipality of Montevarchi
Seasonality: The pancetta is produced year-round, except during the hottest months. It must age for at least 90 days.
Slow Food coordinator: Gianrico Fabbri – tel. 328 4021651 – gianrico.fabbri@gmail.com
Producers' coordinator: Irene Betti – tel. 333 4433016 – bettiirene89@gmail.com

Zeri Lamb

This sturdy, medium-sized sheep has a well-proportioned head and white fleece. Zeri sheep are pastured all year round, except during the winter. The milk has great nutritional value, being especially rich in protein, but is used only to feed lambs. As a result of this diet of mother's milk and pasture grass, the lambs' meat is exceptionally tender and fragrant. The most traditional local preparation is agnello al testo (roast leg with potatoes).

Production area: Zeri, Mulazzo, Pontremoli, Filattiera, Bagnone municipalities at altitudes above 800 meters, Massa-Carrara province
Presidium supported by: Massa-Carrara Provincial Authority, Lunigiana Mountain Community, Municipality of Zeri, Massa-Carrara Chamber of Commerce
Seasonality: Lamb meat can be found during the year according to the breed's reproductive cycles, and is especially common between December and April.
Slow Food coordinator: Marco Cavellini – tel. 333 3261940 – slowfoodluniapua@gmail.com
Producers' coordinator: Cinzia Angiolini – tel. 339 6397599 – tercana@libero.it

TRENTINO ALTO ADIGE

Aurina Valley Graukäse

This historic farm cheese comes from the Tyrolean Alps and the Alto Adige region, particularly the Aurina valley. Traditionally the milk from cows pasturing in the summer Alpine meadows would be completely skimmed to make butter, and the leftover milk would be used for Graukäse, "gray cheese." To make the cheese, the milk is curdled using acid instead of rennet, at fairly low temperatures. After the curd is wrapped in linen cloth, it is pressed, broken and put into molds. The cheese's name comes from the gray molds that form on its surface during its brief aging.

Production area: Tures and Aurina valleys from Gais to Casere (Kasern), including the neighboring valleys of Selva dei Molini (Muehlwald), Lappago (Lappach), Rio Bianco (Weissenbach) and Riva di Tures (Rein), Bolzano province
Presidium supported by: Bolzano Chamber of Commerce, Bolzano Autonomous Provincial Authority, LeaderPlus, Ahrntal Natur
Seasonality: The cheese is only made in mountain dairies from June to September. The Graukäse usually ages for around two weeks, but some cheeses are aged for up to 12 months at very low temperatures.
Slow Food coordinator: Martin Pircher – tel. 0474 678495 – despar.pircher@bestofdolomites.it
Producers' coordinator: Agnes Laner – tel. 338 8737161 – laner.nikolaus@rolmail.net

Banale Ciuighe

The history of Banale Ciuighe reflects the extreme poverty of the Giudicarie Esteriori, now known as Terme di Comano-Dolomiti di Brenta, a popular tourist destination. Here families used to sell the best parts of the pig, keeping the less-prized cuts for themselves. These were mixed with turnips to make Ciuighe, a kind of salami. The custom lives on today, but the recipe has been refined: the noble cuts (shoulder, neck, belly) are also used, with a smaller proportion of turnips.

BANALE CIUIGHE PRESIDIUM © MARCO BRUZZO

Production area: San Lorenzo in Banale municipality, Trento province
Seasonality: Production begins in October and continues until April, being closely linked to the turnip season.
Slow Food coordinator: Sergio Valentini – tel. 348 4020857 – trentinoslowfood2014@gmail.com
Producers' coordinator: Nerio Donini – tel. 0465 734670 – direttorebrenta@yahoo.it

Grigio Alpina Cattle

The Grigio Alpina cattle population has been reduced to just a few thousand animals, mainly in the province of Bolzano, though some are also found in Trento and scattered throughout the Alps. A hardy, frugal breed, it is well adapted to the harshest environments, able to guarantee high yields of meat and milk, which is excellent for drinking or making cheese. Its coat is a pale silver, shading darker around the eyes and on the neck, shoulders and flanks. Currently the Presidium is working to include Grigio Alpina beef in the Presidium, involving more farmers as well as butchers.

Production area: Alpine areas, Bolzano and Trento provinces
Presidium supported by: Bolzano Chamber of Commerce, Bolzano Autonomous Provincial Authority, National Association of Grigio Alpina Cattle Breeders
Seasonality: Cheese is made from Grigio Alpina milk during the summer pasturing period, from June to September, and ages from 2 to 12 months. Kaminwurz and smoked beef are produced year-round.
Slow Food coordinator: Sergio Valentini – tel. 348 4020857 – trentinoslowfood2014@gmail.com
Producers' coordinator: Christina Müller – tel. 0471 063850 – info@grigioalpina.it

Lagorai Malga Cheese

In the Trentino region, the Lagorai Mountains were once widely renowned for its dairy products. In the last few decades, however, the shift towards stables in the valley has penalized the summer production of cheese, when animals used to graze on mountain meadows. However, the *malgari* (mountain shepherds) have recently become the first in this region to resume the production of raw-milk cheese in the *malghe* (mountain huts). They make 4-6 kg single-cream cheeses, 12-14 cm thick, after removing the cream used to make butter.

Production area: the Lagorai area municipalities: Carzano, Roncegno Terme, Ronchi Valsugana, Telve, Telve di Sopra, Trento province
Presidium supported by: Ecomuseo del Lagorai
Seasonality: Lagorai cheese is made from May to September and ages for at least four months.
Slow Food coordinator: Sergio Valentini – tel. 348 4020857 – trentinoslowfood2014@gmail.com
Producers' coordinator: Stefano Mayr – tel. 328 5423635 – mayr@mountainwilderness.it

MOENA PUZZONE PRESIDIUM © MARCO BRUZZO

Moena Puzzone

Twice a day, milk is sent from Alpine pastures in the heart of the Dolomites to the dairy in Predazzo that produces Puzzone. Only forms bearing the letter "M" (for malga, mountain dairy) belong to the Presidium. The secret of Puzzone lies in the aging, which can last from 90 days to 16 months, during which each form is washed once a week. This procedure gives the cheese its unmistakable brick-red rind and an intense, pungent fragrance—hence the name Puzzone, meaning "stinky."

Production area: Predazzo and Moena municipalities, Trento province
Presidium supported by: Trentingrana Concast
Seasonality: Puzzone is only made during the summer pasturing period, from June to September, and must age for between 3 and 16 months.
Slow Food coordinator: Sergio Valentini – tel. 348 4020857 – trentinoslowfood2014@gmail.com
Producers' coordinator: Giampaolo Gaiarin – tel. 335 6674256 – gaiarin@concast.tn.it

Primiero Mountain Botiro

Since the times of the Venetian Republic, Venice's butter has traditionally come from the Primiero valley's mountain pastures, just below the Pale di San Martino peaks in the Dolomites. Known as botìro in the local dialect, it was of such outstanding quality that local mountain dairies used all their cream for making butter, with a low-fat cheese just a by-product. Pats of butter were shaped in wooden molds carved with beautiful floral designs. A small local cheese producer has revived butter production at a mountain dairy so the people of these mountains can once again enjoy a product that brought so much wealth in the past.

Production area: Mountain pastures and dairies in the Canal San Bovo, Imèr, Mezzano, Sagron-Mis, Siror, Tonadico and Transacqua municipalities, Primiero district, Trento province
Presidium supported by: District of Primiero, A.p.T. San Martino di Castrozza, Primiero e Vanoi, Primiero and Vanoi Valleys Cassa Rurale
Seasonality: The butter is made in mountain dairies in the summer, from June to September.
Slow Food coordinator: Claudio Cesari – tel. 348 8119689 – claudio.cesari54@yahoo.it
Producers' coordinator: Alberto Bettega – tel. 0439 62941/64749 – info@caseificioprimiero.com

Sole, Rabbi and Pejo Valleys Casolét

The name Casolét comes from the Latin caseulus, meaning small cheese. It is a typical soft mountain cheese from the Sole, Rabbi and Pejo valleys in Trentino: uncooked and made from whole raw milk. It was previously made only in the fall when the cattle had already come down from the Alpine pastures and not much milk was being produced. It was very much a cheese for home consumption, eaten mainly during the winter months. An inferior version of the cheese is also made from heat-treated or pasteurized milk, so always check that the Casolét has the Slow Food Presidium label and is made with raw milk.

Production area: Sole, Rabbi and Pejo valleys, Trento province
Presidium supported by: Trento Chamber of Commerce
Seasonality: Casolét is made year-round and is eaten at least 20 days after production.
Slow Food coordinator: Sergio Valentini – tel. 348 4020857 – trentinoslowfood2014@gmail.com
Producers' coordinator: Sergio Panizza – tel. 0463 758393 / 335 5252958

Torbole Broccoli

Thanks to the Ora, the warm wind that blows in the evenings from the nearby Garda lake to the south, it is possible to pick excellent broccoli even in the middle of winter, just a few kilometers away from snow-covered mountains. As it meets the Peler, the wind coming from the northeast, it creates the ideal microclimate in this corner of Trentino. The slightly higher temperatures are just enough to prevent the head of this extremely delicate broccoli from frosting. Torbole broccoli is small, weighing no more than 400 to 500 grams, and very tasty. The production volume is very low, and the areas suited for its cultivation are threatened by spreading urbanization, which is ruining one of the most beautiful parts in the region. The Presidium is aimed at raising the profile of this delicious local resource and preventing the further loss of good arable land.

Production area: Torbole and Linfano municipalities, Trento province
Presidium supported by: Municipality of Nago di Torbole, InGarda tourism agency
Seasonality: The broccoli is harvested from November to January.
Slow Food coordinator: Sergio Valentini – tel. 348 4020857 – trentinoslowfood2014@gmail.com
Producers' coordinator: Marco Rosà – tel. 0464 505592 – vivairosa@gmail.com

Trentino Vin Santo

Vino Santo Trentino is a wine made from the indigenous *nosiola* grapes. In particular, the wine is made from the ripe, straggly clusters (bunches with only a few grapes) of the old vineyards in the Valle dei Laghi area. The grapes are dried on racks for five to six months, until the Holy Week (hence the name "Vino Santo" which means "holy wine"). The must ferments in small oak barrels for at least six to eight years. Once bottled, the life of this wine starts again and it can age for over 50 years.

Production area: Valle dei Laghi, Calavino, Cavedine, Lasino, Padergnone, Vezzano municipalities (Trento province)
Seasonality: Vino Santo Trentino is available throughout the year.
Slow Food coordinator: Sergio Valentini – tel. 348 4020857 – trentinoslowfood2014@gmail.com
Producers' coordinator: Graziano Poli – tel. 0464 864119 – info@poligiovanni.it

VILLNÖSSER BRILLENSCHAF SHEEP PRESIDIUM © ALBERTO PEROLI

AMERINO COTTÒRA BROAD BEAN PRESIDIUM © PAOLO ANDREA MONTANARO

Venosta Valley Ur-Paarl

Ur-Paarl is the historic version of a bread typical to the Upper Venosta valley, made from locally grown rye, farro flour, a sourdough starter and herbs gathered from valley pastures such as wild fennel, caraway and blue fenugreek (Trigonella caerulea). The origins of the recipe for Ur-Paarl can be traced to Benedictine monks from the Monte Maria monastery in Burgusio who up until few years ago produced the bread regularly. The bread is shaped like a flattened figure eight made by combining two round loaves, hence the bread's name, Paarl, meaning "couple."

Production area: Upper Venosta valley, Bolzano province
Presidium supported by: Bolzano Autonomous Provincial Authority's Economy and Finance Department, Bolzano Chamber of Commerce
Seasonality: Ur-Paarl is made year-round.
Slow Food coordinator: Ivo De Pellegrin – tel. 333 8593629 – info@slowfoodtrentinosuedtirol.it
Producers' coordinator: Horst Egger – tel 0473 623366 / 335 249420 – info@eggerbrot.com

Vezzena

Though produced in the same way as other medium-fat Alpine cheeses, Vezzena is a unique cheese, due to the wild herbs of the Lavarone plateau and the long aging process. Presidium Vezzena is made in the summer with milk from mountain dairies and can recognized by the "M" (for malga, mountain dairy) on its wheels. After a year or more of aging, its eyes disappear and the bright-yellow paste develops a slight graininess. The aromas grow more complex, with pleasant hints of grass and spice.

Production area: the Lavarone Plateau, Vezzena and Folgaria municipalities, Trento province
Presidium supported by: Trentingrana Concast
Seasonality: Vezzena is only made during the mountain pasturing season, from June to September, and must age a minimum of 12 months.
Slow Food coordinator: Sergio Valentini – tel. 348 4020857 – trentinoslowfood2014@gmail.com
Producers' coordinator: Giampaolo Gaiarin – tel. 335 6674256 – gaiarin@concast.tn.it

Villnösser Brillenschaf Sheep

Villnösser Brillenschaf (literally "glasses-wearing sheep from Funes valley") is the oldest sheep breed in South Tyrol. It originated in the 18th century from the Austrian Kärntner Brillenschaf sheep, which itself was developed from cross-breeding the Alte Heimische Landschläge, Bergamasca and Paduaner Seidenschaf breeds. It has a white fleece with black rings around the eyes—the "glasses"—and partially black ears. Like other breeds with less than 3,000 animals left, Villnösser Brillenschaf is recognized by the EU as an endangered breed. Today it survives in about 80 farms, each one keeping only a few dozen animals. In ancient times this sheep was bred for its meat—still of high quality thanks to a diet based on mountain grass and locally produced hay—and wool. The Presidium aims to bring it back on the market and turn it into a resource for this stunning alpine territory.

Production area: Funes, Villandro, Renon, Barbiano, Chiusa, Velturno, Luson, Laion and Valbadia municipalities, Bolzano province
Presidium supported by: Autonomous Provincial Authority of Bolzano, Municipality of Funes, Villnöss Tourism Association (Funes)
Seasonality: Lamb is available all year, except during the summer pasturing period.
Slow Food coordinator: Sergio Valentini – tel. 348 4020857 trentinoslowfood2014@gmail.com
Producers' coordinator: Stefan Unterkircher – tel. 347 3668339 – stefan@furchetta.it

UMBRIA

Amerino Cottòra Broad Bean

The Presidium brings together the small-scale growers in Frattuccia di Guardea and Collicello di Amelia who still cultivate this heirloom broad bean (Vicia faba) for home consumption or to sell to other local residents. Until the 1980s it was also sold in local markets, but it was gradually abandoned, and is now only cultivated by local families. A small bean, also called the mezza fava, or "half-broad bean" it has a short cooking time (hence the name cottòra, which means "cooked quickly") and is eaten cooked only during the fall and winter months. The Presidium wants to bring it back to the market.

Production area: Guardea and Amelia municipalities, Terni province
Presidium supported by: Terni Provincial Authority, Terni Chamber of Commerce, Amelia and Guardea Municipalities
Seasonality: The broad bean is picked in the summer, between June and July. The dried beans are available year-round.
Slow Food coordinator: Monica Petronio – tel. 348 2454025 – monica.petronio@tiscali.it
Producers' coordinator: Maria Chiara Flugy Papé – tel. 392 9504556 – favacottora@gmail.com

Civita di Cascia Roveja

Roveja (Pisum arvense) is a small wild pea, dark brown, reddish or dark green in color, which has been grown for centuries. The first records of its cultivation date back to 1545. Grown on the high slopes of central Italy's Sibillini mountains, along with lentils it was one of the staple foods for the local population. Though it has almost disappeared from the table, it is highly nutritious and an excellent ingredient in soups or on toasted bread. When ground into flour it can be used to make a type of polenta (farecchiata) served with anchovies.

Production area: Nerina valley, Perugia province
Presidium supported by: Umbra Valley and Sibillini GAL, Umbria Regional Authority
Seasonality: The roveja is picked between the end of July and the start of August, and is available dried year-round.
Slow Food coordinator: Gianluca Polidori – tel. 0743 274134 / 338 7119510 gpolidori@castellodiporeta.it
Producers' coordinator: Silvana Crespi De Carolis – tel. 0743 76430 / 329 0909352 silvanacrespi@alice.it

Grutti Cicotto

Grutti is a small town in the province of Perugia, where an unusual tradition is linked to its most famous local product, porchetta (roast suckling pig). The shin, ears and snout of the pig are cut up and cooked together with the porchetta to make Cicotto. As the meat cooks, it soaks up all the fat that drips from the pig, infused with the flavorings, fresh garlic, rosemary, fennel, salt and pepper. Only three producers still artisanally produce Cicotto using locally farmed pork. The Presidium wants to support them and raise the profile of this historic product.

Production area: Grutti, Gualdo Cattaneo municipality, Perugia province
Presidium supported by: Umbria Regional Authority, Gualdo Cattaneo Municipality, Perugia Province
Seasonality: Prepared throughout the year at the same time as porchetta.
Slow Food coordinator: Gianluca Polidori – tel. 338 7119510 – gpolidori@castellodiporeta.it
Producers' coordinator: Michela Menghini – tel. 392 6781072 – umbriamia@gmail.com

Lake Trasimeno Bean

This tiny bean has long been grown in the fields around lake Trasimeno, and was common until the 1950s. It has since almost completely disappeared. About the size of a grain of rice, it comes in in a range of colors, from ivory white to salmon pink to brown to black. Soft, buttery and flavorful, the dried beans are eaten boiled and seasoned with a little extra-virgin olive oil. The fresh beans (cornetti) are sautéed with tomatoes and garlic.

Production area: municipalities around lake Trasimeno, Perugia province
Presidium supported by: Trasimeno-Medio Tevere Municipalities Association Mountain Community, Umbria Regional Authority
Seasonality: Traditionally harvested between July and August, but available dried year-round.
Slow Food coordinator: Mauro Masci – tel. 075 8296424 / 335 5880058 mauro@mauromasci.it
Producers' coordinator: Flavio Orsini – tel. 075 829255 / 339 8243379 – flavio.orsini@alice.it

Trevi Black Celery

Trevi black celery takes its name from its stalks, which turn dark green when not subjected to special whitening processes. The stalks have no strings and the heart is tender and succulent. The celery is cultivated following a set of strict rules, unchanged for centuries. Seeds are planted during a waning moon, if possible on Good Friday, as vegetables planted during this period are believed to grow quicker and flower later. The seeds are sown in a seedbed and by the middle of October the celery is ready to be harvested. Only cultivated in a small strip of land between Borgo di Trevi and the Clitunno River, the black celery is produced in very limited quantities.

Production area: Trevi municipality, Perugia province
Presidium supported by: Umbra Valley and Sibillini GAL, Umbria Regional Authority
Seasonality: Harvesting starts in October and continues for at least a month.
Slow Food coordinator: Gianluca Polidori – tel. 0743 274134 / 338 7119510 gpolidori@castellodiporeta.it
Producers' coordinator: Annibale Bartolomei – tel. 347 6934576 – annibale.bartolomei@alice.it

Upper Tiber Valley Mazzafegato

The most authentic and traditional version of this sausage is found in the Upper Tiber valley, where Umbria and Tuscany meet. It is made from the meat left over after preparing other cured pork products. The meat is roughly chopped and cured with salt, pepper, small amounts of garlic, lemon and/or orange peel and, in particular, fennel flowers.

Production area: Città di Castello and Umbertide municipalities, Perugia province
Presidium supported by: Upper Umbria Mountain Community
Seasonality: Mazzefegato is traditionally made in the winter, from November to March.
Slow Food coordinator: Marino Marini – tel. 328 3539448 – marinimarino@libero.it
Producers' coordinator: Tania Bigotti – tel 075 8558143 – bigottiericcardinisnc@yahoo.it

Upper Tiber Valley Smoked Vin Santo

In Val Tiberina, the history of this wine is not only linked to the families of the area, but also to the local tobacco production, dried in the same period and in the same places as the bunches. Traditionally, the sparse bunches of grapes are washed and hung in attics or storehouses, where the tobacco was dried on wooden racks. They spend four months in rooms that are full of smoke from stoves or open fires. At the beginning of January, they are finally de-stemmed and pressed. A starter culture of yeast known as "madre", kept in each family for generations, is added to the must. The tradition has remained intact in several families for its strong sentimental value, just as the small barrels, some centuries old, where the wine ages for around four years.

Production area: Upper Tiber Valley, Perugia province
Seasonality: available year-round
Slow Food coordinator: Sergio Consigli – tel. 388 8461279 – consiglisergio@libero.it
Producers' coordinator: Claudio Ceccarelli – tel. 335 6820291

VENETO

Aged Asiago

"Good cheese is made north of the bell-tower," goes a well-known saying on the Asiago plateau, heard whenever the conversation turns to pastures and milk. Cheese should be made in the mountains, not the lowlands, using milk from cows grazing on alpine pastures. The plateau is certainly rich in pastures, with dozens of mountain dairies supplied by thousands of animals. The Presidium brings together a group of producers who only work with summer milk and produce an outstanding Asiago, aged for at least 18 months.

Production area: Sette Comuni plateau (Asiago, Conco, Enego, Foza, Galli, Lusiana, Roana and Rotzo municipalities), Vicenza province
Presidium supported by: Veneto Regional Authority
Seasonality: Aged Asiago is made in the summer, from June to September, and must age for at least 18 months.
Slow Food coordinator: Mauro Pasquali – tel. 347 3065710 – m.pasquali@slowfoodveneto.it
Producers' coordinator: Dino Panozzo – tel. 0424 694161 – panozzodino@virgilio.it

TREVI BLACK CELERY PRESIDIUM © PAOLO ANDREA MONTANARO

Alpago Lamb

A small- to medium-sized native breed with no horns and tiny ears, the Alpago sheep has a ram-like profile with unusual dark spots on its head. Its fleece is dense, with fine, wavy wool. The lambs are raised completely free-range, their diet sometimes supplemented by local hay and cereal meal. Alpago lamb is extremely tender with just the right balance of fat and lean and distinct notes of aromatic herbs.

Production area: Alpago municipalities, Belluno province
Presidium supported by: Veneto Regional Authority, Alpago Mountain Community
Seasonality: The lamb can be found through the year according to the breed's reproductive cycle, and especially from December to April.
Slow Food coordinator: Luca Pessot – tel. 339 3975443 – slowfood.bl@gmail.com
Producers' coordinator: Zaccaria Tona – tel. 0437 40443 – zack2036@alice.it

Ancient Belluno Valleys Barley

The hilly and mountainous areas near Belluno used to be known for barley. Over time, the native seeds were almost completely lost, but a group of small-scale farmers joined together in a cooperative has managed to recover the original seeds. The Presidium wants to help small-scale farmers in the Belluno mountains to preserve their environment, biodiversity and traditions. It will provide them with an opportunity to supplement their low incomes, reducing the need to leave the mountains, and also challenge the spread of intensive monocultures.

Production area: valleys in Belluno province
Presidium supported by: Slow Food Chefs' Alliance 2009
Seasonality: Hulled barley, for use in soups, barley flour and toasted barley for barley coffee are available year-round.
Slow Food coordinator: Stefano Sanson – tel. 0439 300946 **/** 336 524070
s.sanson@slowfoodveneto.it
Producers' coordinator: Eugenio Garlet – tel. 320 4228471 – info@cooperativalafiorita.it

Belluna Valley Gialèt Bean

Also known as fasol biso or solferino, the Gialèt bean is a traditional product in the Belluna valley, the area from which all Italian beans started to spread from 1530 on and which is still home to a rich diversity of local ecotypes. The Gialèt bean has a striking bright-yellow color with light green tinges and is very tender. After cooking the skin dissolves almost completely and the beans lose their color. The beans are now at risk of genetic erosion as they are only grown in very small quantities.

BIANCOPERLA CORN PRESIDIUM © FRANCO TANEL

Production area: Belluna valley, especially the Feltre, Pedavena, Cesiomaggiore, Santa Giustina, San Gregorio nelle Alpi, Sospirolo, Sedico, Belluno, Ponte nelle Alpi, Limana, Trichiana, Mel, Lentiai and Fonzaso municipalities, Belluno province
Seasonality: Gialèt beans are picked in early September, but they are available dried year-round.
Slow Food coordinator: Stefano Sanson – tel. 0439 300946 / 336 524070
s.sanson@slowfoodveneto.it
Producers' coordinator: Laura Solinas – tel. 0437 926458 **/** 349 1454783
alaurasolinas@gmail.com

Belfiore Decio Apple

The origin of the Decio apple is thought to date back to Roman times. It was originally named after General Ezio, who landed in Adria and fought against Attila in Padua (451 A.C.). Over the years, cultivation of the Decio apple spread across Belfiore, and this is where the greatest quality apples are produced. The apples are traditionally consumed during winter, due to the high acidity of the fruit at harvest. The Decio has a slightly flat shape and is green with a red flush across 20-30% of the surface. This is obtained by leaving the apples on straw or in sunlight. The fruit has a firm white flesh with a characteristic flavor and aroma that is still popular in some of Verona's markets. Today the production has been kept active thanks to a number of producers who have planted Decio apples and sell them at markets. In addition to this the Belfiore Fruit and Vegetables Association wants to relaunch the apple's cultivation, inviting its members to replant the Decio variety.

Production area: Belfiore municipality, Verona province
Presidium supported by: Strada del Vino di Arcole Association
Seasonality: The Decio apple is harvested in November and consumed during the winter months until early spring.
Slow Food coordinator: Matteo Merlin – Tel. 335 5398667 – info@valligrandiveronesi.it
Producers' coordinator: Stefano Alberti – Tel. 045 6103607 – damolii@libero.it

Biancoperla Corn

Up until the Second World War, white polenta was still common in Veneto's Po delta and around Treviso, and in these lowlands it was considered finer than the rustic yellow polenta typical of the mountains. White polenta is made from the local Biancoperla variety, which is being cultivated less and less. The tapered cobs have large pearl-white kernels. White polenta is excellent served with local fish like marson, schie (gray lagoon shrimp), moleche and masenete crabs, shrimp and baccalà (salt cod).

Production area: Treviso, Padua, Rovigo and Venice provinces
Presidium supported by: Veneto Regional Authority
Seasonality: harvested from August to September but the flour is available is year-round
Slow Food coordinator: Danilo Gasparini – tel. 346 8611122 – riccardo.gas@gmail.com
Producers' coordinator: Renato Ballan – tel. 0423 494219 **/** 342 3269258 – mais@biancoperla.it

Goose in Onto

Veneto's farmers once bred varieties of geese that were gray or gray and white, but they were eventually replaced by the large Romagnola white goose. With these geese they made salami, cured ham and oca in onto (goose in fat), a kind of confit made from all parts of the bird. Prepared by every household, it was a good way of preserving the goose meat for several months. The recipe is simple: After slaughtering the goose, the meat is cut into small pieces and packed under goose fat in terracotta or glass jars. Small amounts can then be taken as needed, to be used for sauces or roasts

GOOSE IN ONTO PRESIDIUM © FRANCO TANEL

MALGA MONTE VERONESE PRESIDIUM © MARCO BRUZZO

Production area: Treviso, Padova and Vicenza provinces
Presidium supported by: Veneto Region
Seasonality: year-round.
Slow Food coordinator: Luigino Poloni – tel. 0423 858316 – gigiolupo@yahoo.it
Producers' coordinator: Manuela Tessari – tel. 0438 933021 – info@mondragon.it

Grappa Mountain Morlacco

In the pastures of Mount Grappa, cheesemakers who had emigrated from the Balkans once produced a soft, low-fat, uncooked-curd cow's milk cheese, named after their native region, Morlakia. Today, Grappa Morlacco cheese is once again produced in mountain dairies using skimmed milk from the evening milking mixed with whole milk from the morning. After 15 days, the cheese is ready to eat, but it can also age for up to three months.

Production area: Mount Grappa massif, Treviso, Belluno and Vicenza provinces
Presidium supported by: Veneto Regional Authority, A.Pro.La.V.
Seasonality: The cheese is made from June to September, using milk from pastured animals. It can be eaten fresh, after 15 days, or aged for up to three months.
Slow Food coordinator: Luigino Poloni – tel. 0423 858316 – gigiolupo@yahoo.it
Producers' coordinator: Bruno Bernardi – tel. 0422 422040 – direzione@aprolav.it

Grumolo delle Abbadesse Rice

This rice was introduced to Grumolo delle Abbadesse, a small village between Vicenza and Padua, by Benedictine nuns, and has been grown there since the 16th century. The nuns also organized the reclamation of local marshland and the building of canals, many of which are still in use. The Vialone Nano rice variety grown in Grumolo delle Abbadesse has tiny kernels, and its exceptional quality can be attributed to the area's soil and water. The rice swells up considerably when cooked, and is very good at absorbing flavors.

Production area: Grumolo delle Abbadesse municipality, Vicenza province
Presidium supported by: Veneto Regional Authority
Seasonality: Grumolo delle Abbadesse Vialone Nano rice is available year-round.
Slow Food coordinator: Oscar Graldi – tel. 347 4626486 – slowfoodvicenza@gmail.com
Producers' coordinator: Maria Luisa Teso – tel. 0444 265033 – presidioriso@gmail.com

Lessinia Pear Misso

In Veronese dialect, misso refers to an overripe fruit, or one that is soft and dark in color, which is exactly how this pear variety looks when it is ready for eating in early November. The fruit is medium-small in size and has green skin with subtle reddish markings and white, grainy flesh containing sclereids, the small hard granules typical of old pear varieties. The Misso pear was rescued by an association of small producers and can be used to make excellent desserts, jams, juices, spirits and cider.

Production area: Lessinia hills, Verona province
Seasonality: The fruit can be eaten fresh from early November until February, or preserved for consumption throughout the year.
Slow Food coordinators: Antonella Bampa – tel. 393 9239941 – condottaslowfoodverona@hotmail.it e Stefano Iseppi – tel. 380 7060234 – stefano.iseppi@hotmail.com
Producers' coordinator: Roberto Marchesini – tel. 330 366338 – girotto.roberto@libero.it

Malga Monte Veronese

Lessinia's cheesemaking traditions date back to medieval times, when Cimbri shepherds moved to the area from the Asiago plateau. Until recently, the semi-cooked cow's cheese made from the precious milk from summer pasturing was not properly valued, and in fact the milk was often simply mixed with milk from the plains or from lower altitudes in the Lessini mountains. The Presidium, which involves producers who have chosen to keep the mountain milk apart during cheesemaking, wants to promote the remaining Alpine pastures with the aim of encouraging the milk-cows to stay in the mountain pastures, and in the future to return to making cheese directly in mountain dairies.

Production area: Lessini mountains and Mount Baldo, Verona province
Presidium supported by: Veneto Regional Authority, DOP Monte Veronese Consortium
Seasonality: The production of Malga Monte Veronese Presidium is linked to the herds' arrival in the mountain pastures, and therefore can only take place between the end of May and September. Mountain Monte Veronese cheese must age for at least 90 days.
Slow Food coordinator: Mauro Pasquali – tel. 347 3065710 – m.pasquali@slowfoodveneto.it
Producers' coordinator: Paola Giagulli – tel. 045 6199054 – paola.giagulli@monteveronese.it

Paduan Hen

The Paduan hen's plumage can be black, white, gold, tan or silver and it has a long beard and whiskers, but the bird's most distinctive feature is the large tuft of long feathers crowning its head and falling over its eyes. The breed was probably brought to Italy by Marquis Giacomo Dondi Dall'Orologio, a 14th-century Paduan doctor and astronomer, who returned from a trip to Poland with a few specimens with which to adorn the gardens of his villa. The most classic use for the chicken is in gallina a la canavéra.

Production area: Padua province
Presidium supported by: Veneto Regional Authority, Padua Chamber of Commerce
Seasonality: Paduan hen is available year-round.
Slow Food coordinator: Gianni Breda – tel. 049 619814 / 338 2731400 – giannibreda@tin.it
Producers' coordinator: Gabriele Baldan – tel. 049 720651 / 333 1209789
info@gallinapadovana.org

Sant'Erasmo Violet Artichoke

Tender, meaty, elongated and thorny with purple bracts, the Sant'Erasmo violet artichoke is cultivated on the Venetian lagoon island of the same name. Growers transport their crop to the Rialto and Tronchetto markets using boats called caorline. Eaten raw, the castrare (the first buds) are a real delicacy. They can also be dipped in batter and fried, or cooked in butter and served cold with lemon, often accompanied by schie, tiny lagoon shrimp.

Production area: Venice municipality, Sant'Erasmo island and the islands of Vignole, Mazzorbo and Lio Piccolo, Venice province
Presidium supported by: Veneto Regional Authority
Seasonality: The artichokes are available fresh from the end of April until early June.
They are available year-round preserved in oil.
Slow Food coordinator: Silvano Sguoto – tel. 041 716995 – silvano.sguoto@dlfve.it
Producers' coordinator: Carlo Finotello – tel. 041 5282497 – info@carciofosanterasmo.it

Veronese Stortina

Stortina is a small salami, weighing less than 200 grams, traditionally consumed in the Basso Veronese (the southern part of the province of Verona). Passed down through the generations, the traditional production technique involves preserving the salami in lard to keep it fresh throughout the winter, as its small size means it would otherwise dry out too quickly. Stortina is still made by Basso Veronese families during pig-slaughtering season, and for some years now a contest has been organized, the Stortina Challenge, in which homemade salami face off against the few versions made by local professionals. Stortina is only very rarely offered by the area's butchers, because of the care its production demands and the high costs involved. The use of ground lard and the superior cuts of pork in the mixture make it somewhat of a luxury product.

Production area: Nogara and Cerea municipalities, Verona province
Presidium supported by: Strada del Vino di Arcole Association
Seasonality: The stortina is produced throughout the year, except in summer.
Slow Food coordinator: Matteo Merlin – tel. 335 5398667 – info@valligrandiveronesi.it
Producers' coordinator: Claudio Riccò – tel. 0442 510779 – info@poltronierisas.it

VERONESE STORTINA PRESIDIUM © SLOW FOOD ARCHIVE

MAVROVO REKA MOUNTAIN PASTURE CHEESES PRESIDIUM © IVO DANCHEV

MACEDONIA

Bukovo Red Peppers

Peppers are central to Balkan gastronomy, featuring in almost every meal. In September, the markets are filled with dozens of varieties of widely varying colors and forms. Each of which has a distinct use. Bukovo, a small village a few kilometers from Bitola in southern Macedonia, is famous for producing the best pepper seasoning, used to flavor soups and meat dishes. Grown from self-produced seeds, the Bukovo pepper is harvested and then tied into long wreathes to be dried in the sun and then ovens. When the peppers are ready, they are ground in traditional wooden mortars called kutle to obtain a coarse mix which is sieved. Intense ruby red in color, it is sweet, aromatic and slightly spicy with a long and pleasant finish.
Production area: Bukovo, Bitola municipality, Southern Macedonia

Mavrovo Reka Mountain Pasture Cheeses

In Mavrovo Park, kashkaval, possibly the ancestor of all stretched cheese, is still produced. It looks like a pecorino, a 4-5 kg round, aged for a long period in cool, damp rooms and obtained through a complex technique. Apart from kashkaval, the Presidium was also created to safeguard other products of this ancestral sheep-breeding tradition: belo sirenje (similar to Greek feta cheese) and kiselo mleko (literally "sour milk," similar to a thick and creamy yoghurt). All of these cheeses are made from the raw milk of local sharplaninska sheep, named after the mountains of this park.

Production area: Mavrovo National Park, Mavrovo and Rostuša municipalities, Shar Planina massif.

Wild Fig Slatko

On the banks of Lake Dojran, along the Greek border, the production of slatko (meaning "sweet" in Macedonian) from wild figs is an ancient tradition. It is mainly women who continue to use the traditional recipe for transforming an otherwise inedible fruit into a consumable product, which involves boiling the fruit nine times. Only then do the wild figs release their sugar, after which they are immersed in agda, a syrup of water and sugar, and cooked for another hour. Lemon is added to the resulting slatko to maintain the fig color. It is finally cooled and put into jars.

Production area: Dojran, Bogdanci, Valandovo and Gevgelja villages

NETHERLANDS

Aged Artisanal Gouda

Artisanal Gouda is a very different product to the widely commercialized versions of this cheese, which are coated with a thick layer of plastic. Artisanal Gouda is sweet and yellow, with a mild flavor. It has a persistent aftertaste, with a touch of acidity that is balanced by the sweet flavor of caramelized milk. The Presidium supports the two producers who continue to make Gouda cheese from the raw milk of their own cows that pasture on low peat meadows. Each cheese weighs no less than 20 kilos and can be aged from two to three years.

Production area: Green Hart region, between Amsterdam, Rotterdam and Utrecht

Brandrood Cattle

Brandrood, a variant of the Meuse-Rhine-Yssel cattle breed with a deep-red coat, was commonly farmed in the triangle of land between the Rhine, Meuse and Yssel rivers, because it was more muscular and suited to both milk and meat production. After the Second World War, the focus switched to milk and more productive animals were preferred. Some farmers, however, continued to farm the hardy Brandrood. Red, with a white star on its head and a white belly, ankles and tail tip, the breed is calm and compliant. It is raised mostly for its beef, which can be used in stews, sausages and naegelholt, an air-dried beef and Ark of Taste passenger.

Production area: Loon op Zand municipality, North Brabant province; Loenen municipality, Utrecht province; Doorwerth and Beusichem municipalities, Gelderland province, central-southern Netherlands

Chaam Chicken

This native breed was once commonly found in the area encompassing northern France and Germany. Its most striking characteristic are the black streaks, called peels, distributed throughout its silver-white plumage. In the past, the Chaam chicken, whose first official description can be traced back to 1911, was raised free-range on farms south of Chaam, in the county of Breda. Some years ago, when the breed was considered more or less extinct, a group of farmers from the village of Chaam began to recover the breed as a hobby.

Production area: Chaam, North Brabant province

Drenthe Heath Sheep

Magnificently spiral-horned and multi-colored, the Drenthe Heath sheep is one of the oldest sheep breeds in western Europe. Small in size, it can stay outdoors all year, and thrives on the poor, sandy soils of the Drenthe Heath. Environmental conservation is key to the management of this breed. The quality of its meat is becoming increasingly appreciated for its naturally fragrant taste, a result of grazing on heathlands and fresh meadows. The lamb meat is sold fresh in organic markets. A line of lamb sausages has also been developed.

LAKENVELDER CATTLE PRESIDIUM © SLOW FOOD ARCHIVE

Production area: Drenthe province, northeastern Netherlands

Eastern Scheldt Lobster

The Eastern Scheldt, an estuary in Zeeland, is rich in marine life. The Eastern Scheldt lobster, also known as the Zeeland lobster, belongs to the European lobster family. It is blue-black, turning deep red when cooked. Rather than being trapped, the lobsters are caught in conical nets known as fulken. Those that are at least 24 centimeters long are kept in containers filled with seawater and sold fresh. Small lobsters and females with eggs are returned to the bay.

Production area: Eastern Scheldt, Zeeland
Presidium supported by: Provincie Zeeland

Kempen Heath Sheep

Kempen Heath sheep are predominantly white with an elegantly shaped head and no horns. A hardy breed, they can stay outdoors all year round. Heathland grazing plays a vital role in preserving the valuable heath ecosystem and results in excellent, tender meat with herbal flavors. The Presidium's goals are to preserve this sheep breed and reintroduce free-range grazing as a way of conserving the heathland.

Production area: Kempen region, southern Netherlands

Lakenvelder Cattle

The Lakenvelder is a very old Dutch breed traditionally used for beef and milk but which became endangered during the last century. Originally it was bred by aristocratic people because of its attractive coat (a belt around the middle); brightening the fields around their palaces and castles. Because it was bred for its belt and survival traits, the quantitative traits were forgotten. Fortunately people who started to eat beef from their own Lakenvelders found out that the quality of the beef was very high. Together those farmers started the 'Stichting Lakenvelder Vlees' (Lakenvelder Beef Society) to get a fair price for high quality beef they breed with respect for the environment, animal welfare and agrobiodiversity. This Stichting Lakenvelder Vlees does this by buying Lakenvelder bull calves that are not breeding quality, and marketing them. The also do marketing for the beef and are working on new systems like beef from older Lakenvelder cows and Lakenvelder dairy products. This project brings the consumer closer to the farm (the Lakenvelder is very well recognized), and gives leverage and pride to Lakenvelder breeders.

Production area: throughout the Netherlands

Limburg Syrup

Traditional Limburg syrup is made using 60% pears and 40% apples that are exclusively old varieties harvested from local orchards. The fruit is boiled in a copper pot in direct contact with the flame and the juice is filtered off without adding any other ingredients. Created as a way of preserving fruit during winter, since the Second World War syrup has increasingly become an industrial product and the fruit trees growing local varieties have begun to disappear. A group of producers has recovered the traditional recipe, reintroduced the old tools and revived artisanal production.

Production area: Southern part of the Dutch province of Limburg and neighboring areas in Belgium (Limburg and Land van Herve) and Germany

WADDEN SEA TRADITIONAL FISHERS PRESIDIUM © FOKKE VAN SAANEN

Texel Sheep Cheese

Due to their quick growth rate and high meat yield, Texel sheep are valued by farmers around the world. On the island which gave the sheep its name, another breed was also raised until 1850. Used for its milk but not its meat, the breed died out when farmers began to produce meat to export to England. The local cheesemaking tradition was almost lost along with the milk sheep. In the 1980s however, one determined farmer brought new life to the island's artisan cheesemaking tradition, reviving the production of Texelse Schapenkaas, a rustic cheese with a lingering flavor. The cheese's deep yellow color is evidence of Texel's rich and abundant pasture.

Production area: Texel Island

Wadden Sea Traditional Fishers

The Waddenzee is an extraordinary ecosystem running along the Dutch, German and Danish coastlines. A dense network of channels, sandy strips of land, mudbanks and salt marshes, bordered by islets that emerge from the North Sea waters, this inland sea covers over 10,000 square kilometers. Here, a group of 35 fishers still use fixed fishing gear (traps, boulters, etc.), anchored in specific places rather than dragged by motor boats. The effectiveness of these methods varies depending on the anchoring points (just a few meters can make all the difference) and their use requires a profound understanding of the environment and seabed. The Waddenzee fishers catch mullet, sea bass, smelt (which around here smell like cucumbers), flounder, crabs and oysters.

Production area: The Wadden Sea and Northsea beaches of the Wadden Islands, from the north west point of Holland to the German border.
Technical partner: Ecotrust

Zeeland Friesian Dairy Sheep

The Dutch Zeeland Friesian Dairy Sheep, depicted in a famous painting by Jan and Hubert van Eyck, is large in size and has a white fleece. With it's long, thin neck, it is recognizable by its slightly flat nose and hairless tail, long to the hock. It is particularly appreciated for its fertility, often has multiple births and has the highest milk production in the world (around 500 liters of milk per lactation cycle, which in factory farms can grow up to 700 liters, compared to the 350-400 liters produced on average). It is a dairy breed well suited to the environmental conditions of the coastal area of the North Sea, characterized by cold temperatures and high temperatures. Even though this breed has been exported and distributed worldwide for centuries, it did not have a great development because it is a gentle race, not fit to graze on rough and difficult terrain.

Production area: Friesland (northeastern region Netherlands) and Zeeland (southwestern Netherlands)

NORWAY

Hedmark and Oppland Counties Pultost

Pultost has been made for hundreds of years across Norway, but most typically in the southeastern counties of Hedmark and Oppland. It was typically produced in Norwegian saeter (summer mountain farms) and conserved for winter. Pultost is a sour-milk cheese made from skimmed and unpasteurized cow's milk (without rennet) and uses one of Norway's most ancient cheesemaking techniques. After heating the soured milk to a temperature of 45-65°C, the curds are drained in cloth, crumbled and allowed to ferment. Caraway seeds are then added to stop the fermentation and to add flavor. Pultost can be eaten fresh or aged for up to a year.

Production area: Hedmark and Oppland counties, southeastern Norway

Møre og Romsdal Salt Cod

Salt cod is still produced in the traditional way in Kristiansund and along the western coast of Norway. Fishers in small boats catch the skrei, cod from the northeast Atlantic, from January to April using sustainable fishing techniques. The fish are delivered fresh to the producers, who immediately begin the production process. This lasts around four months and involves salting, drying and quality sorting.

Production area: Kristiansund, Møre og Romsdal county, western coast of Norway

Sognefjord Artisan Geitost

Geitost is a mild brown cheese made from the caramelized whey of raw goat's milk. It is made using an unusual technique common in Norway and Sweden but unknown in the rest of Europe. Leftover whey from regular goat's cheeses, made by the same producers, is enriched with cow's cream and brought to the boil. The lactose sugar in the milk then crystallizes, giving the cheese its typical brown color.

Production area: Undredal village, Sogne fjord, Sogn og Fjordane county
Presidium supported by: FMLA Sogn og Fjordane, Visit Flåm, Aurland Kommune

Sunnmøre Cured and Smoked Herrings

At the beginning of the 20th century, Norway adopted a British technique to produce three types of smoked herring. During this period the main market for salted and dried herring was the Caribbean, to which Britain exported the so-called "slave herring". Until 50 years ago, there were about 35 companies dealing with smoked herring production and export. Unfortunately, rapid industrial development has caused most of the companies to close down. Nowadays, the Njardar Company, a family-owned business, is the last company in Norway that produces smoked and salted herring.

Production area: Møre og Romsdal county, Sunnmøre region
Presidium supported by: Herøy Kommune and Møre og Romsdal Fosnavaag

Villsau Sheep

The Villsau (meaning "wild sheep"), also known as the Gammel Norsk Sau, is one of the oldest heritage sheep breeds still in existence in northern Europe. Small and hardy, it is particularly well-suited to life out in the open air along Norway's western coast. Both the rams and ewes have thick coats, spiral horns and very short tails. Throughout the centuries, the Villsau has been at risk of extinction several times due to the introduction of imported breeds. The Presidium is

VILLSAU SHEEP PRESIDIUM © HILDE BUER

working in collaboration with the Heathland Centre in Lygra to promote this breed and help farmers market their products.

Production area: Norway's western and northern coast

POLAND

Oscypek

Oscypek has been produced in the Tatra Mountains in the south of Poland since the 14th century, after a few shepherds from Wallachia brought over the Carpathian sheep breeding tradition and the technique of processing the milk. This hard, compact, smoked cheese is shaped like a spindle, with a pale yellow color and roasted fragrance. It has a strong taste, with pleasant hints of mature chestnuts. It is excellent eaten on its own, or sliced thickly and cooked on the grill.
Production area: Malopolskie, Tatra Mountains

Polish Mead

Along with vodka, mead is the most traditional festive drink in Poland, once made by families across the country. Today, few producers of traditional mead remain and of these only one continues to use the authentic and original artisanal recipe. Various types of mead exist; their character varies according to the proportion of honey to water: varying from one-quarter honey up to two thirds (the latter, known as Póltorak, is considered to be the finest). The higher the proportion of honey to water, the longer the final product must be left to mature: the minimum time is four to five years, but it can be aged for up to 10, 15 or even over 20 years.

Production area: around Lodz

ROMANIA

Bucegi Mountains Branza de Burduf

Branza de Burduf, the most prized among Romanian cheeses, is produced by processing Caş, another sheep milk cheese (sometimes made with added cow milk) with widespread popularity in the country. After being pressed for some hours, the fresh Caş is placed into wooden barrels to ferment and is then minced, kneaded and salted. The mass is then molded into a thin cylindrical fir tree bark case or in a pig bladder. Brânzá has balsamic aromas, notes of resin and a spicy kick that develops with aging.

Production area: Bran, Moeciu and Fundata, Brasov county

Saxon Village Preserves

The region of Siebenburgen in Transylvania is a little slice of the Middle Ages. Made up of seven villages founded by the Saxons eight centuries ago, today it is home to Romanians, Saxons, Hungarians and Roma. Here, following the ancient tradition in these villages, a number homemade jams are produced with garden fruit or wild berries collected in the pristine forest surroundings. Until now, these jams have been made exclusively for domestic consumption, but the Presidium is working to turn them into a new source of income.

Production area: Saxon villages of Transylvania
Project partners: Adept Foundation, Transylvania Food Company

SERBIA

Gledić Crvena Ranka Plum Rakija

Rakija (plum brandy) is the alcoholic beverage of choice throughout the Balkans. No region, village or household can be found without a bottle ready to welcome guests, drink at meals or mark the passing of days and seasons. But not all rakijas are equal. In the gentle mountain range of Gledić in central Serbia, an antique variety of plum known as Cervena Ranka (literally: early red plums) is cultivated. These plums are particularly suited to the production of rakija. This plum, combined with the ancient knowledge of the local distillers, becomes a unique liquor with a pale yellow color and a clean, profound taste.

Production area: mountains, Rekovac, Knić and Trstenik municipalities

SPAIN

Añana Salt

The Añana salt pans are an impressive sight, with 120 hectares of hillside covered in wooden terraces. The salt water, the muera, is transported along wooden channels and left to sit until it evaporates. The first evidence of the salt pans dates back to the Roman era, while the medieval custom of using salt as currency allowed Salinas de Añana to obtain city status as early as 1140. Today the Añana pans produce flor de sal (the flagship product), sal de mota (a mix of salt and flor de sal, typical of the area), sal morena and chuzos (stalactites formed where brine has dripped down from the terraces).

Production area: Añana, Álava province, Basque country
Presidium supported by: Governo Basco and Diputación di Álava

AÑANA SALT PRESIDIUM © QUINTAS FOTOGRAFOS

Ballobar Caper

Gathering capers in Ballobar is an ancient tradition most likely dating back to Moorish occupation. The activity once put this town at the edge of the Monegros desert on the map. In the 1980s, competition from Andalusian and North African capers meant that the Ballobar capers were no longer picked commercially, with harvesting only continuing for home use. The distinctive characteristics however mean that these wild capers, which grow far from the Mediterranean, are once again in demand. Both the closed bud (alcaparra) and the fruit (alcaparron) of the caper bush (Capparis spinosa) are picked and preserved in brine.

Production area: Ballobar, Huesca province, Aragon region

Carranzana Cara Negra Sheep Cheese

The Carranzana Cara Negra is a black-headed Basque sheep currently the subject of a breed-recovery program. It is a very rustic breed, adapted to life in the green but remote mountain pastures in the province of Biscay. Its raw milk is used to make a small, traditional, semi-aged cheese with a distinctive flavor. The curd, made using lamb's rennet from the same breed, is put into molds by hand and salted with Salinas de Añana salt, a Basque product. The product is aged for a minimum of two months, but the flavor becomes more pronounced after aging for four months.

Production area: Las Encartaciones, Biscay province, Basque country

Euskal Txerria Pig

The Euskal Txerria is the only surviving pig breed native to the Basque territories. With short legs, an odd profile, long floppy ears and a black head and rear end, this pig lives free in the forest, eating acorns, chestnuts, hazelnuts and grass. In the two months before slaughter, the pig feed is enriched with corn, beans and bran. Its meat is made into flavorful chorizo (70% lean meat, 30% fat, sweet paprika, salt and garlic; aged seven months), lomo (aged five months), salsichón (eaten fresh) and cured hams.

Production area: Bidegoian, Guipúzcoa province, Basque Country

Ganxet Bean

The Ganxet bean is easily recognizable by its flattened hook shape, which keeps its shape when cooked. The bean's fine skin, buttery consistency and delicate flavor mean it can be cooked in many different ways. This small legume has long been in demand; its low yield and popularity mean it commands high prices on the market. This has encouraged the proliferation of hybrids and imitations, which have poured into an uncontrolled market.

Production area: Vallès and El Maresme districts, Barcelona province; La Selva district, Girona province, Catalonia

JILOCA SAFFRON PRESIDIUM © SLOW FOOD ARCHIVE

Jiloca Saffron

Saffron comes from the stigma of the Crocus sativus flower, a blossom that originated in the eastern most regions of the Mediterranean. Arabs brought saffron to the Iberian Peninsula more than a thousand years ago, and since then the techniques for harvest and production have barely changed. The most important step is known as desbriznado: using a thumb and index finger, the three stigmas of the bloom are delicately separated from the rest of the flower. The area of Jiloca has always been known for this saffron, the oro de los pobres ("poor man's gold"), and it features in many traditional dishes: huerta rice; thick potato and egg frittatas called tortillas; cooked salt cod; and sweet 'fried milk' balls made from seasoned béchamel.

Production area: Jiloca, Teruel province, Aragon region

Maestrat Millenary Tree Extra Virgin Oil

Since Roman times, Comarca del Maestrat has been known as an important olive oil-producing area. The traditional Farga olive variety still survives, growing on around 3,000 splendid thousand-year-old trees with enormous gnarled trunks. In recent years, these ancient olive trees have started to be used to decorate gardens and townscapes, and removed from the region. Since 2003 local producers have made and sold oil made from olives of these trees to preserve the area's landscape. The oil, which is extracted cold and decanted naturally, has an intense fruity aroma.

Production area: Maestrat district, Castellón province, Autonomous Valencia region

Mungia Talo

Talo is a tortilla made using flour from various native varieties of corn grown in the area of Mungia (province of Biscay). Along with beans, for many years it was a staple food for rural people in these areas. A distinctive feature of Mungia corn flour is the roasting of the cobs in wood-fired ovens. After roasting, the grains from the cobs are stone-ground in watermills. The flour is then kneaded with water and salt, shaped into thin disks and baked on steel plates. Talos are now mainly eaten on holidays with chorizo, beans, dried salt cod or chocolate.

Production area: Mungia, Uribe county, Biscay province, Basque country

Sitges Malvasia

The Sitges Malvasia vine produces small, elongated grapes, which are left to over ripen and then harvested from the end of September to the beginning of October. They are used to make a sweet wine as well as a dry version. Only a few hectares of these vines remain today. The variety survived thanks to Catalan diplomat Manuel Llopis de Casadess. His final wishes saved Sitges Malvasia from disappearing completely: Before dying in 1950 he left his properties to the Hospital de Saint Juan Bautista, a religious charitable institution, on the condition that it continued to produce Sitges Malvasia wine.

Production area: El Garraf, Barcelona province, Catalonia

Zalla Violet Onion

Sweet, juicy and flavorsome but without sharpness, the Zalla onion - from the Basque province of Biscay - has a medium-sized purple bulb, conical in shape with a pointed end. It is harvested in July and August but available all year round. Though mainly produced for family consumption, it can still be found on market stalls, displayed in the traditional plaits of twelve bulbs. In the pig-slaughtering season (txarribodas) the onions are used to make morcillas de las Encartaciones, a traditional local blood sausage. They are also excellent in salads and soups, giving a delicate but not overpowering flavor.

Production area: Zalla, Biscay province, Basque Country

JÄMTLAND CELLAR MATURED GOAT CHEESE PRESIDIUM © ANNA BERGLUND

SWEDEN

Jämtland Cellar Matured Goat Cheese

This cellar-matured goat's cheese is the product of home farms and summer pasture villages in the mountainous regions of central Sweden. It is made in the traditional manner using fresh, farm-produced raw milk from an indigenous goat breed that grazes in a varied pasture of meadows, heath and forest. Each producer's cheese is made unique by the pasture on which the goats graze and the natural moulds of the old stone aging cellars.

Production area: Jämtland and Härjedalen provinces, Jämtland region

Öland Island Brown Beans

Brown beans or bruna bönor are grown on the Swedish island of Öland in the Baltic Sea. Sown in May and harvested in September, they are left to dry on the ground for a few days, stored in a closed shed and then packed. Four varieties are grown: Stella I, Bonita, Katja and Karin. According to the traditional Swedish recipe, they are stewed in a sweet and sour sauce and served with fried bacon.

Production area: Öland Island
Presidium supported by: KOPT (Kalmar- Ölands trädgårdsprodukter) and the European Union

Reindeer Suovas

Reindeer meat is the traditional food of the Sámi, a native European tribe that lives in an area called Sápmi, an arc of land spreading across the north of Sweden, Norway, Finland and Russia. The reindeer spend the winter grazing in woodland valleys, moving to higher altitudes to find new pastures in spring and summer. The most traditional use for the meat is to make suovas, a fillet that is salted and smoked over an open fire. It has a delicate flavorful and is eaten in thin slices, accompanied by pickled wild mushrooms and lingonberries.

Production area: Sápmi region

SWITZERLAND

Alpziger

Produced in the Fribourg, Bern and Obwalden Alps, Alpziger is a cow's milk ricotta made from the whey left over after the production of raw milk butter, cream and Sbrinz. Eaten fresh, aged or smoked (especially in Bern), it is also used to fill cakes and breads such as the delicious Zigerkrapfen, little fried pastries filled with Alpziger. The Presidium wants to bring together producers in the historic area and protect the production of this ricotta.

Production area: Alpine areas of Fribourg, Bern and Obwalden in the Bern and Obwalden cantons
Presidium supported by: Coop Switzerland

Bedretto Valley Shortcrust Cookies

Shaped into a thin "S" and golden in color, Bedretto Valley shortcrust cookies are crunchy and crumble in the mouth, releasing an intense butter flavor. A traditional product from this valley in northern Ticino, the cookies were still being produced by a local bakery in the 1990s, but disappeared when it closed down. In 1999 Paul Forni decided to revive the ancient tradition. The cookies are made from stone-ground wheat flour (from the Bedretto Valley and the Magadino plain), fresh eggs, butter (from Gothard and Bedretto dairies) and sugar. After baking for a short time, the cookies are left to cool and then packed with the help of people from the Diamante Foundation, an organization helping disabled adults integrate into society.

Production area: Currently Bellinzona, Canton Ticino, though the Presidium aims to revive production throughout the historic area (Bedretto Valley, Canton Ticino)
Presidium supported by: Coop Switzerland

Bregaglia Valley Mascarplin or Mascarpel

A typical product of Val Bregaglia, in its upper part (Sopraporta) is named mascarpel and in the lower part (Sottoporta), mascarplin. The cheese is an aged cacioricotta made with full goat's milk. Mestra (sour whey) is added to the boiling milk, causing the mass to rise to the surface. Mascarplin is aged in a cellar for some weeks until it is covered with a blue-green-grayish mold. It is produced in small quantities by the breeders themselves in spring, after the kids' weaning, and in autumn, after returning from the mountain pastures.

Production area: Val Bregaglia, Graubünden canton
Presidium supported by: Coop Switzerland

Coira Salami

In Coira, in the canton of Graubünden, this salami was traditionally made in winter from the gristle of the pig's leg (Bein in German). It was the cheapest salami and given to farm workers and laborers. Today, better cuts of meat are used (tail, neck fat, shoulder, speck) and it is seasoned with salt, pepper, coriander and nutmeg, macerated for a few days in wine and then stuffed by hand into natural beef casings. Two butchers in Coira still produce the salami in the traditional way, smoking it lightly over fir wood.

Production area: Coira, Graubünden canton
Presidium supported by: Coop Switzerland

ALPZIGER PRESIDIUM © SLOW FOOD ARCHIVE

Emmentaler

In the Swiss Canton of Bern, a group of cheesemakers in the Emme Valley is continuing the traditional production of Emmentaler, an ancient cheese that dates back to around the 13th century. Today Emmentaler is famous around the world, also for its huge size that can weigh up to 100 kilos. The Presidium cheese is made using raw milk from local small-scale farmers who feed their cows at pasture, without the need for silage. Another important characteristic is the long maturation period: each cheese matures for at least 12 months in damp cellars, where, thanks to attentive care, a dark crust develops giving the cheese its strong but balanced flavor. The Presidium cheese can be identified by the black label and the "Gotthelf" guarantee of origin on the product.

Production area: Emme Valley, Bern canton
Presidium supported by: Coop Switzerland

Farina Bóna

Farina bóna is a traditional product from Onsernone Valley, one of the poorest and most inaccessible parts of the Canton of Ticino, just a few kilometers from Locarno. The flour, obtained by grinding toasted corn (Zea mais), is distinctive for its use of toasted corn and fine texture obtained with special grinders still found in old mills. In the past it supplemented the daily diet of people living in the valley and would be mixed with water or milk (hot or cold), and eaten with with blueberries, strawberries or wine. Today it is used as an ingredient for ice-cream, beer, breadsticks, cookies, cakes, spaetzle noodles, soups and more.

Production area: Onsernone Valley, Ticino canton
Presidium supported by: Coop Switzerland

Furmagin da Cion

Despite its name, Furmagin, which means cheese, is actually a pork pâté typical of the Val Poschiavo. It is made from liver, fresh pork and a number of seasonings including cinnamon, nutmeg, cloves, marjoram, onion and wine flavored with fresh garlic. The mixture is wrapped in caul fat and baked in the oven for around 40 minutes. The Presidium has revived a small production chain involving a local organic pig farmer, a charcuterie maker who makes the Furmagin, and a butcher in the valley.

Production area: Val Poschiavo, Graubünden Canton
Presidium supported by: Coop Switzerland

EMMENTALER PRESIDIUM © SLOW FOOD SWITZERLAND ARCHIVE

Locarno Valleys Cicitt

The history of Cicitt is closely linked to that of the goats in the Locarno Valleys which, once upon a time, were the "cows of the poor". This traditional sausage is made with the less-valued parts of the goat and its fat, along with the blanched stomach and the heart, which are all spiced with salt, finely chopped garlic, pepper, cinnamon, nutmeg, cloves and red and white wine. The sausage can be up to three meters long, is dark red in color and has a sharp aroma.

Production area: Locarno valleys, Ticino canton
Presidium supported by: Coop Switzerland

Mountain Pasture Sbrinz

Mountain pasture Sbrinz is one of the oldest of Swiss cheeses. Until the mid-19th century it was exclusively produced in the Alps; then with the rise of valley dairies it also started being produced in the plains. Today, the Presidium's Sbrinz is exclusively produced during the summer in the Alps. Its three-year-long aging (the minimum allowed by the Presidium) imparts a well-rounded mature taste characterized by aromatic tones.

Production area: central Switzerland
Presidium supported by: Coop Switzerland

Muggio Valley Zincarlin

Zincarlin is a cross-border cheese, its tradition linked to the mountains along the border between Italy and Switzerland's Canton Ticino. The cheese is normally made with cow's milk, but traditionally a small amount of goat's milk was added when in season. A raw-curd cheese, seasoned with abundant black pepper, Zincarlin is eaten after two months of aging. The Presidium has managed to salvage production of the traditional version of the cheese, made using raw milk and treated with white wine.

Production area: Muggio valley, Ticino canton
Presidium supported by: Association of the Valle di Muggio, Val Mara and Salorino municipalities; Coop Switzerland

Müstair Valley Rye Bread

As in other alpine valleys, the traditional daily bread of Val Müstair in the Swiss canton of Graubünden is rye bread, but here it is a lighter version with a soft floury crust and dark brown loaf. Known as Paun sejel (sejel means rye in the Romansh language), it consists of two flat loaves joined together along one side and is produced using 70% clear rye flour and 30% semi-white wheat flour. Today it is eaten fresh, or 2 to 3 days after baking when it has slightly hardened and the sour rye flavors are more marked, but in the past small farmers would dry it and keep it for weeks.

Production area: Val Müstair, Canton of Graubünden
Presidium supported by: Coop Switzerland

Pays-d'Enhaut Chantzet

This traditional Pays d'Enhaut blood sausage is made with exclusively local ingredients. Pork meat and rind is cut into large chunks and minced, mixed with white cabbage and blood, seasoned with nutmeg, pepper, salt and marjoram, and then used to fill a natural pork casing. The traditional processing, now carried out by only four butchers in the region, is all done by hand.

Production area: Pays d'Enhaut, Vaud canton
Presidium supported by: Coop Switzerland

Raw Milk Butter

In Switzerland, raw milk butter is now such a rare product that only a few dairies are still able to produce it. One small dairy producer from the Presidium uses only biodynamic milk from small local breeders. The top-quality raw material is turned into butter once or twice a week, obtaining a few kilograms of mass, churned and hand-modeled in wooden moulds. It is then sold on the local markets. One of the dairymen uses a complicated process, producing only sour cream that he obtains with a patiently homemade milk-based culture.

Production area: Wernetshausen, Zurich Oberland canton; Gantershwill, San Gallo canton
Presidium supported by: Coop Switzerland

Raw Milk Vacherin Fribourgeois

The vacherin fribourgeois is a semi-hard and semi-cooked cheese made in the Canton of Fribourg, not to be confused with vacherin Mont d'Or, a creamy, small sized cheese produced in the Jura Region. The vacherin fribourgeois of the Presidium is produced in some areas of the Canton, both on Alpine pastures and in the lowlands, using exclusively raw milk.
Vacherin fribourgeois was initially an alpine pasture cheese, produced at the beginning of the hot season, when the amount of milk available was not sufficient to produce the region's most important cheese, the famous Gruyère. The production of small-loaf cheeses, i.e vacherin, hence took place: a sort of 'little brother' which expressed though all the excellent characteristics of the pastures and the skills of the local cheese makers.

Production area: Fribourg canton
Presidium supported by: Coop Switzerland

Swiss Black Bee

The Swiss Landrassen bee (Apis mellifera mellifera) is native to Switzerland, but the population has been declining since the 19th century following the introduction of different bees breeds such as the Carniolan (Apis mellifera carnica) from Austria and the Balkans and the Italian bee (Apis mellifera ligustica) from the Mediterranean. For the last 20 years an association of beekeepers has been encouraging the revival of this black bee, which thanks to its high tolerance of cold temperatures is well suited to the country's harsh climate. The Presidium beekeepers own families of pure-bred black bees and produce two seasonal honeys, a pale honey from the flowers that bloom in spring and early summer, and a darker honey later in the year from chestnut flowers and fir honeydew.

Production area: all of Switzerland
Presidium supported by: Coop Switzerland

Swiss Brenzerkirsch

Swiss Brenzerkirsch is a distillate of small or medium-sized sweet black cherries made in central and northwest Switzerland. Brenzerkirsch is the term used by the growers and distillers of this area for the tall old cherry trees whose fruit is only used for distillation and not for fresh consumption. In preparing traditional kirsch it is essential that the must is processed on the day of picking and is obtained from pressing the entire fruit. Authentic Swiss Brenzerkirsch presents balanced aromas of marzipan, almond, chocolate and cinnamon. It can be drunk neat as a digestive, with fondue, or as an ingredient in traditional delicacies like Zug cherry cake or the famous Basel Läckerli.

Production area: Basel-City, Basel-Country, Solothurn, Aargau, Lucerne, Schwyz and Zug cantons
Presidium supported by: Coop Switzerland

Swiss Dried Green Beans

In German-speaking Switzerland, green beans were traditionally collected, cleaned, blanched and then dried at low temperatures (under 30°C). This preservation method enables tasty nutritious dishes to be prepared all year round, such as the classical Bernerplatte, a stew of beef and pork served with boiled vegetables (usually potatoes and carrots), cabbage and other vegetables such as Dörrbohnen (dried green beans). In recent years higher-yielding foreign hybrids and an industrialized drying process have displaced the native varieties. The Presidium was created to preserve the native beans and promote artisanal drying methods.

Production area: German-speaking Switzerland
Presidium supported by: Coop Switzerland

Tafeljura Plum Orchards

This Presidium was created to preserve a unique landscape, the plum orchards of the Swiss Tafeljura. Here the areas of open countryside have always grown cherry, apple and pear trees, while in the damper areas along streams and on the valley floor, tall plum trees are cultivated. These old orchards are threatened by the introduction of new varieties of shorter trees which require less attention and produce larger fruit than the native varieties (such as Hauszwetschge, Bühler and Fellenberg). The old Swiss plums, though having an intense aroma and juicy flesh, no longer have a market and the orchards are gradually becoming outdated. The Presidium plums are made into various handmade products, including Posamentertörtli, a delicious plum cake, and an excellent chutney that goes well with meat and cheese.

Production area: Tafeljura in Basel Country and Fricktal cantons
Presidium supported by: Coop Switzerland

Toggenburg Goat

This ancient breed of goat is named after the valley in the canton of St. Gallen where it was originally selected. Less than a thousand goats still survive here, even though the breed is hardy and ideal for both milk and meat production. The Presidium unites around 40 farmers, who provide the association with milk and the kid goat meat that is sold locally.

Production area: St. Gallen canton
Presidium supported by: Coop Switzerland

TAFELJURA PLUM ORCHARDS PRESIDIUM © SLOW FOOD ARCHIVE

Traditional Valais Rye Bread

Long considered "a poor people's bread", Valais rye bread used to be a staple food kept in every house. Today it is almost impossible to find. The last remaining bakery still using the traditional recipe has operated since 1778 in Simplondorf, a small village of no more than 360 inhabitants. The traditional recipe uses pure rye bran flour, water, salt and natural yeast (sourdough) fermented for at least 12 hours. The resulting bread is compact, with a conical shape and golden brown color. It has a thick crisp crust, while the inside is grey-brown, moist with a marked sour flavor. Valais rye bread is ideal with dry meat or cheese, as well as with sweet foods.

Production area: Valais canton
Presidium supported by: Coop Switzerland

Walnut Oil

Walnut oil has a long tradition in Switzerland. As an important source of vegetable fat, it was an essential part of the diet during the Second World War, and was also used as a lamp oil before the spread of fuel oil and electricity. In the last 40 years, around 70% of walnut trees have vanished, and walnut oil is now produced almost exclusively in the canton of Vaud. Selected dried walnuts are shelled, ground and then baked in the oven at 120°C (248°F) for 30 minutes while being continuously stirred. The ground walnuts are then pressed to obtain very fragrant oil with toasted aromas.

Production area: Sévery, Vaud canton
Presidium supported by: Coop Switzerland

Zurich Quince Paste

This confection of quinces and sugar is typical of the canton of Zurich and other surrounding areas. Orange in color, it has a gummy consistency and a characteristic tart flavor. The first historic mention of the quince paste is in the 16th century, but its origins almost certainly date back further. In Zurich it is considered a typical Christmas sweet, and each family had its own recipe, passed down through the generations. Today it is still made by a handful of local artisans.

Production area: Zurich canton
Presidium supported by: Coop Switzerland

MOUNTAIN PASTURE SBRINZ PRESIDIUM © VALERIA NECCHIO

TURKEY

Divle Cave-Aged Cheese

Aged in a deep cave close to the village of Divle, this "cheese in a sack" or tulum cheese is a traditional product of the nomadic culture of Anatolia's vast plateaus.
Made from sheep's milk from the Akkaraman and Morkaraman breeds, it recalls the aroma of the surrounding fields and forests, rich with wild mint, oregano and clover. The cheese is enclosed in animal skin sacks and left to mature for six months on fir shelves in caves. A mold belonging to the Roqueforte strain grows on the skins, giving the sacks a purple color. All of Divle's inhabitants are familiar with the traditional production techniques. The resulting cheese displays aromas that range from pasture to wild scents and has a pleasant flavor that becomes increasingly sharp the longer it is matured.

Production area: Divle and eight other villages in Karaman district, Central Anatolia

Siyez Wheat Bulgur

In the farms of Kastamonu (a province in northern Turkey), amongst large forests and the smell of the Black Sea, farmers continue to cultivate the oldest existing type of wheat, Triticum monococcum, or seyez in Turkish. It is a grain that differs both from common and durum wheat as it is high in protein and gluten, so is tolerated by celiac sufferers. The whole grains are immersed in boiling water for about 20 minutes, then cooled with cold water and spread out to dry in the sun. Once dried, they are ground in a millstone to clean and split the grains. The bulgur is used for many pilaf recipes, cooked in broth and flavored with butter and chopped onions.

Production area: Kastamonu province

UNITED KINGDOM

Artisan Somerset Cheddar

Cheddar is so common these days that the term is often used to refer to any hard cheese. However in the cheese's place of origin, the English county of Somerset, you can still find the traditional product made in the artisanal way. The Presidium was created to educate consumers about a different kind of Cheddar, made from fresh and local raw milk, and "cheddared" by hand. The great forms of artisanal Somerset Cheddar are covered in a light grayish mold, while the pale straw-yellow cheese is buttery and rich, with complex aromas and flavors.

Production area: Somerset county

Three Counties Perry

Perry is a traditional English drink made from the fermented juice of perry pears, small fruits with a bitter, astringent flavor. Perry has been made in southern England for centuries; the name once referred to all wild pear trees as well as to the beverage. It is a classic accompaniment to local cheeses such as Single and Double Gloucester, Cheshire and Lancashire. Real perry contains no additives and can be dry, medium or sweet, and either still or sparkling.

Production area: Herefordshire, Worcestershire and Gloucestershire counties

AFRICA

© Paola Viesi

CAPE VERDE

Bolona Planalto Matured Goat Cheese

On the arid Planalto de Bolona plateau on the north-westernmost island of the Cape Verde archipelago, several families breed local goats and make cheese. Farming and cheesemaking techniques have been adapted over the centuries to the extreme environmental conditions of the area, which has scarce water, poor pastures and little electricity. The result is a pure goat's milk cheese with a sweet and compact paste and a milky aroma with delicate herbaceous notes. The Presidium promotes the aged version, which has a more complex flavor.

Production area: Planalto de Bolona, Santo Antão island
Technical partners: University of Turin (Department of Animal Pathology), ONAF (Italian National Organization of Cheese Tasters)

EGYPT

Bigawi Chicken

The Bigawi chicken has silvery white feathers on its head, patches of black and blue towards the tail, dark legs and a gray beak. It is prized both for its meat – dark and with a flavor similar to turkey – as well as its eggs - smaller than those of other breeds, but particularly flavorful. The chickens were traditionally bred in the Faiyum Oasis and renowned for their disease resistance and rustic characteristics. They are also part of an ancient Egyptian tradition, the Sham El Nessim festival, where families gather to color and eat the eggs together.

Production area: Faiyum Oasis and Saqqara
Technical partner: Drosos Foundation

Siwa Oasis Dates

In the desert area of northwestern Egypt, the large Siwa Oasis was an old stop-off for caravans of date traders. Here, the three most important varieties of dates are the local Siwi, Frehi and Azzawi, but three other endangered varieties are also cultivated in small amounts: the Ghazaal (semi-firm flesh), Taktak (very soft flesh), and Amnzou (among the first in Siwa to bear fruit). The Presidium, which is dedicated to these three varieties, aims to promote the oasis's highest quality dates, giving them recognition in national and international markets, and helping producers become autonomous in the processing and packaging phases.

Production area: Siwa Oasis, Matruh governatorate, Western Egyptian desert
Presidium supported by: Scambi Sostenibil

BIGAWI CHICKEN PRESIDIUM © MA7SOOL

KARRAYYU HERDERS' CAMEL MILK PRESIDIUM © PAOLA VIESI

ETHIOPIA

Harenna Forest Wild Coffee

Ethiopia is the country where coffee originated and is therefore the only place in the world where you can find plants in a wild state. For thousands of years each family has roasted its berries, ground them in a mortar and offered coffee to guests following a solemn ritual involving symbolic displays of hospitality and respect. The Presidium was created with about 60 small farmers who gather coffee berries in the Harenna forest in the magnificent Bale National Park. The berries are then spread on frames to dry in the sun. The final product is an excellent natural coffee. In 2011, 132 Presidium gatherers (from 4 villages) set up three registered associations

Production area: Harenna forest, Dello-Mena department, Bale National Park, Oromia region
Technical partner: CSC (Caffè Speciali Certificati)

Karrayyu Herders' Camel Milk

Every year, the Karrayu, nomadic herders from the Fantalle district, move their herds of camels for hundreds of kilometers along Ethiopia's Awash Valley. Camels are everything to them: They know each one by name, and milk them twice a day. The milking involves a very unusual, almost acrobatic operation. The fresh milk is pure white, with a thick foam, and tastes savory, aromatic and less fatty than cow's milk. Traditionally it is drunk fresh rather than being processed. Together with barley, it is a staple food of the Karrayu, and the only product that the community has started to sell in nearby towns.

Production area: Fantalle district, Shewa province, Oromia region
Presidium supported by: Iveco, Fetran

Tigray White Honey

The Tigray, one of the driest, most inaccessible and fascinating regions of Ethiopia, is known for the production of a white honey, which is traditionally served during festivals with bread made from steamed wheat. An association of 11 producers (Selam) produces about 10 tons of honey per year using simple but modern methods and sells locally. Since 2009 the Tigray white honey has been part of the Honeys of Ethiopia network, a project aiming to support the best artisan honeys of Ethiopia; symbols of the richness of the local biodiversity.

Production area: Tigrai region, northern Ethiopia
Technical partners: Conapi, Verallia
Presidium supported by: Emilia Romagna Region (Italy)

Wenchi Volcano Honey

A few hours west of Addis Abeba, the road climbs among pastures and cultivated plots and suddenly arrives at the magnificent Wenchi crater, a ring of steep green slopes with a deep blue lake at the bottom. Here, a cooperative of 40 beekeepers produce a delicious honey: yellow-amber in color, with an intense aroma with floral fragrance and notes of lightly roasted caramel. Since 2009 the Wenchi volcano honey has been part of the Honeys of Ethiopia network, a project with the aim of supporting the best artisan honeys of Ethiopia; symbols of the richness of the local biodiversity.

Production area: Wenchi, Oromia region
Technical partners: Conapi, Verallia
Presidium supported by: Emilia Romagna Region (Italy)

GUINEA BISSAU

Farim Salt

Around Farim, along the Cacheu river, the landscape is marked by expanses of sand and briny water. The local communities catch fish, grow a few vegetables and harvest salt. The river is actually a marine inlet over 100km long. When the water retreats at low tide and the wind blows from the east, a crust of salt forms on the surface of the ground. The women who collect the salt spread it out on cloths, wash it with salt water and filter it, then dry it in rectangular pans set over a fire.

Production area: Farim, Oio region
Technical partner: Univers Sel

Wild Palm Oil

Throughout Guinea-Bissau, and especially in the northern region of Cacheu where the climate is humid and the soil sandy, the fruits of wild palm trees are pressed into a dense, orange-red oil with scents of tomato, fruit and spice. The large bunches of red fruits are harvested by the men, while the women make the oil following a process that can take up to four days. Delicious and nutritious, thanks to the presence of carotenoids and vitamin E, palm oil is an essential ingredient in the traditional cuisine of Guinea-Bissau.

Production area: Cacheu region

KENYA

Lare Pumpkin

The Lare pumpkin is oval in shape with light green skin and orange flesh. It is planted during the rainy season (March or April) and harvested six months later. An ingredient of many local dishes, it is eaten as an accompaniment or mixed with the local white polenta. The seeds can be roasted or dried and ground. The leaves are boiled and eaten as a side dish, or made into a paste used to dry wounds, and the ground seeds have medicinal properties.

Production area: Lare village, Njoro district, Nakuru county, Rift Valley province
Presidium supported by: Stitfung Drittes Millennium

Mau Forest Dried Nettles

Nettles have always been an important ingredient in Kenyan cuisine and were once found in abundance, in particular in the Mau forest on the plateau of Molo. However, their use has been

drastically reduced due to deforestation. A group of women has therefore begun to grow them in the Molo highlands. They manually harvest the nettles, dry them in the shade and then grind them, crushing the leaves in stone mortars using a long wooden stick. The resulting powder is used for various local foods such as mukimo, a mashed potato and vegetable dish, and with white corn flour.

Production area: Karirikania village, Mau forest, Molo district, Nakuru county, Rift Valley province
Presidium supported by: Stitfung Drittes Millennium

Molo Sheep

The Molo sheep is white and completely covered with a thick coat, including on its forehead and cheeks, forming a sort of beard that surrounds its face. It has a small and stocky body and a very long tail. The breed's early history is linked to colonialism, but over time it has become an important resource for local communities. This local well-adapted breed has been bred in the homonymous region of Kenya since the beginning of the 20th century and originally comes from three British breeds: Corriadale, Hampshire Down and Romney Marsh. The tender and succulent meat is highly valued: Baked, roasted or steamed, it is still an integral part of ceremonies such as weddings. The wool is also high quality, used by local women to make bags, mats and dolls.

Production area: Molo highlands, Nakuru county
Presidium supported by: through an ecotourism project financed by the Lombardy region and the Cariplo Foundation, with the collaboration of the NGO Mani Tese, Necofa, WWF, and Viaggi e Mirragi.

Molo Mushunu Chicken

The Mucunu [mush-un-u] is an unusual-looking breed of chicken, with a bald neck and head, and black, white, red or blue feathers covering the rest of its body. It is raised outdoors and appreciated for its flavorful meat, excellent eggs and the hens' good attitude to egg-laying. The area covered by the Presidium was hard hit by the 2008 post-election violence; many people were killed in the district of Molo, with houses burned and livestock slaughtered. The area was also home to many camps for the internally displaced. During the clashes, women lost the majority of their animals (particularly chicken and sheep) and they are now struggling to reclaim their livelihoods. The Presidium will help them organize themselves, increase the number of animals and sell them on the local market.

Production area: Turi, Molo district, Nakuru county, Rift valley
Presidium supported by: Stitfung Drittes Millennium

MOLO SHEEP PRESIDIUM © MICHELA LENTA

Nzoia River Reed Salt

In areas of western Kenya historically cut off from the main salt routes, local communities have developed a distinctive method for extracting salt from an aquatic plant. This plant is a thin reed that is cut and left to dry on rocks by the river. It is then burned over a low fire and the residual ash mixed with hot water, filtered and boiled. When the liquid has completely evaporated, a pure salty mixture is left on the bottom. It is collected, packed into banana leaves and dried under hot ashes overnight.

Production area: Naboyole area, Webuye district, Bungoma county, Western province
Presidium supported by: Stitfung Drittes Millennium

Ogiek Honey

The Ogiek people are one of Kenya's oldest tribes, living in the Mau Forest and forests around Mount Elgon near the Ugandan border. Their way of life is based on the natural resources provided by the forest; they are hunter-gatherers whose main activity is apiculture. The African honey bees kept by the Ogiek prefer the nectar produced by the Dombeya goetzeni plant's flowers, which gives the honey collected in August its characteristic whitish-grey color and unique flavor. Honey harvested in December is instead slightly yellow in color and honey produced from February to April varies from reddish to almost black.

Production area: Marioshoni district, Nakuru county
Presidium supported by: through an ecotourism project financed by the Lombardy region and the Cariplo Foundation, with the collaboration of the NGO Mani Tese, Necofa, WWF, and Viaggi e Mirragi.

Pokot Ash Yogurt

Pokot herders from West Pokot produce fresh milk, butter and distinctive ash yogurt with milk from cows (zebu crossed with exotic breeds) and local galla goats. The milk is poured into long narrow empty gourds and left to settle for at least three days to ferment. After draining the whey, the containers are closed again and shaken with regular movements. When the yogurt is ready, ash produced from burning the local cromwo tree is added and the then shaken again in order for it to spread evenly throughout the yogurt. The ash provides disinfectant properties, an aromatic quality and characteristic light grey color.

Production area: Tarsoi, Tartur, Lition and Chaunet villages, West Pokot
Presidium supported by: Stitfung Drittes Millennium

MADAGASCAR

Alaotra Lake Ancient Rice Varieties

In Madagascar, rice accounts for about 70% of daily calorie requirements and fulfills important religious and ritual functions. The Presidium protects ancient local varieties, such as rojo fotsy and vary malady, which are rich in trace elements and drought-resistant, cultivated mostly around the Alaotra Lake on the west coast, north of the capital. Today these varieties are increasingly being substituted with more productive hybrids, and the thick tropical forest that once surrounded Lake Alaotra is now being jeopardized by the increased use of the tavy technique, a rudimentary practice used to promote soil fertility by cutting and burning the vegetation to increase the area of arable land.

Production area: Amparafaravola municipality, Toamasina province, Alaotra region

Mananara Vanilla

Introduced to Madagascar by French colonists in the mid 1800s, vanilla found ideal conditions in the humid rainforests of the island's northeast coast. In the Mananara-Nord Bioshere Reserve, Presidium producers continue to cultivate it today in harmony with the surrounding ecosystem. The long green pods, which form after the vanilla flowers are pollinated manually, are immersed in hot water for a few minutes after being harvested and then wrapped in woolen blankets placed in wooden crates to seep for two days. They are then sun-dried for a month and finally stored in special warehouses for 60 days before they are fully transformed into soft perfumed black vanilla pods.

Production area: 36 villages in the Mananara-Nord Biosphere Reserve

MALI

Dogon Somé

Somè are traditional seasonings prepared by Dogon women from the flowers, fruit and leaves of all the plants found in their home gardens, whether cultivated or wild, like the baobab. The Presidium brings together several products: kamà (made from dried sorrel leaves); pourkamà (made from the dried leaves of the local nerè seeds); djabà pounan (based on the flavorful Dogon shallot); gangadjou (dried okra powder); oroupounnà (baobab leaf powder); and wanguesomè (made from local chili peppers, garlic and salt). These seasonings are basic ingredients in Dogon cuisine, used in sauces and soups and on vegetables and meat.

Production area: Dogon plateau, Mopti region

Timbuktu and Gao Katta Pasta

Women in Timbuktu and Gao prepare a sophisticated dish for important guests and ceremonies: katta, thin, short threads of pasta made from wheat flour. To make these traditional noodles, the women mix flour and water into a dough then form it into a ball. They tear off small pieces of dough and roll them between two fingers, almost like spinning wool. The pasta threads are left to dry for a day, then toasted in a frying pan until they turn golden brown. Traditionally katta is cooked for a few minutes in a sauce of dried fish, tomato, meat and spices, diluted with water.

Production area: Timbuktu and Gao

DOGON SOMÉ PRESIDIUM © PAOLA VIESI

MAURITANIA

Imraguen Women's Mullet Botargo

In Mauritania, small-scale fishing is threatened by a perverse system: industrial fleets – mostly foreign – are looting its rich sea, full of fish, to the detriment of local communities. The Presidium supports local small-scale fishing and the traditional art of mullet processing – traditionally a woman's task. The producers of this Presidium purchase mullet from fishers, extract their eggs, rinse them, salt them and dry them naturally; thereby obtaining the traditional botargo (from the Arabic "butarikh" for salted fish eggs).

Production area: Nouadhibou and Nouakchott
Technical partners: Univers sel (Guérande), Mauritanie 2000

MOROCCO

Alnif Cumin

Alnif is located in southeastern Morocco in a bare arid valley at the foot of the eastern Anti-Atlas mountains. Cumin, along with henna, is one of the most interesting products of the area. The cumin fruit is cut manually from the plant with a sickle (when not completely ripe), gathered into small bunches and left to dry in the shade. The seedlings are then beaten with a stick and stone ground. Cumin is used as an ingredient in tajine, couscous, and soup, and has curative properties for coughs, colds, sinusitis and colic.

Production area: Alnif, eastern Anti-Atlas, southeastern Morocco

Argan Oil

The argan tree, which resembles that of the olive, grows exclusively on Morocco's southern coast. In Berber culture, women have always been responsible for the production of argan oil, an intense, golden liquid with a hazelnut flavor and a light toasted aroma from the seeds. In the Berber kitchen, a few drops of the oil is added to couscous, tajines and crudités, or simply on a piece of bread. Mixed with almonds and honey, argan oil is also used to make amlou beldi, a traditional creamy spread that is offered to visitors a sign of welcome, together with bread and mint tea.

Production area: Agadir, Taroudant, Ait Baha, Essaouira, Chtouka and Tiznit provinces
Technical partners: Olio Roi, Badalucco

Taliouine Saffron

In the heart of a barren plateau at the edge of the Argan forest, Taliouine (in southwest Morocco) is famous for its excellent saffron. Cultivated at an altitude between 1300 and 1500 meters above sea level in a very dry zone, Taliouine saffron has a high concentration of safranal (the constituent primarily responsible for saffron's fragrance) and an intense aroma with characteristic floral notes. Entire families work to gather the flowers that grow in small fields dug out of the rocky land, and then continue the processing work in the courtyards of their houses, sipping saffron-flavored tea.

Production area: Taliouine, Taroudant province
Technical partner: NGO Migration et Développement

Zerradoun Salt

The village of Zerradoun is located in the Rif mountains in northeastern Morocco. Here the Al Wifak cooperative, comprised of 20 women, extracts various types of salt from a natural source located between two valleys, surrounded by mountains and fields of wheat and barley. The salt pans are at least 200 years old and have dry stone retaining walls. After the salt is collected the women take it by mule to the cooperative's workshop where it is ground or packed in granulated form. The cooperative produces table salt (white or flavored with cumin) and bath salts scented with orange blossom.

Production area: Douar Zerradoun, Brikcha municipality, Ouezzane province, Tangier -Tétuan region
Technical partner: Univers Sel association

MOZAMBIQUE

Ibo Coffee

Known for its small size and low caffeine content, coffee from Ibo – one of the main islands of the Quirimbas archipelago in northern Mozambique – was exported to Europe up until the first decades of the 20th century, where it was used to soften coffee blends from Brazil, Sâo Tomé and Java. Today Coffea racemosa loureiro (a minor species alongside arabica and robusta that belongs to a group of species commonly known as "wild coffee") still grows wild, but each family on the island also tends one or two plants in their gardens, usually alongside banana trees and coconut palms, using the berries for home consumption.

Production area: Ibo island, Quirimpas archipelago and bordering coastal area
Technical partners: Arcaffè Estero, WWF Mozambique, Gestagro
Presidium supported by: Muindi Semi di Sorriso Onlus

SENEGAL

Fadiouth Island Salted Millet Couscous

The Serer people, the indigenous community that lives on Fadiouth Island, have long been the main growers of the local Sunnà variety of millet. The women use the millet to make an unusual salted couscous. Towards the evening, having finished their domestic chores, they husk the grain, sift it and wash it in the sea, then grind it and use the flour to make couscous. The couscous is stored in traditional gourds and left to ferment overnight. In the morning they add powdered baobab leaves, which serve as a thickener. The couscous is then cooked and typically served with a sauce made from mangrove flowers, peanuts and meat or shellfish.

Production area: Fadiouth island, Joal-Fadiouth municipality, Fatick region

Gandoul Islands Wild Fruit Juices

The Saloum Delta is an intricate maze of salt and fresh water, islands and open spaces, covering 180,000 hectares. The area is suffering an increasing pressure on marine resources; a result of exploitation by large foreign fishing fleets and a growing local population that relies almost exclusively on fishing. A sustainable alternative is to encourage the harvesting of the many types of wild fruit growing on the island – such as hibiscus, baobab, ginger, tamarind, ditakh and new – and converting them to vitamin-rich juices and preserves. The Presidium involves three communities of women on the island, supporting them in producing quality foods and selling them on the local market.

Production area: Gandoul islands (Dionewar, Falia and Niodior), Saloum Delta
Presidium supported by: Piemonte Region

SIERRA LEONE

Kenema Kola Nut

Native to the tropical forests of West Africa, kola belongs to the same family as cacao and still grows wild in Sierra Leone and Guinea-Bissau. The nuts, white or dark red in color, contain oblong fruits, which are cut in two and opened with a machete. They are eaten during ceremonies or to welcome guests. A piece of kola chewed after a meal helps digestion, while the caffeine contained in the fruit improves concentration and reduces hunger. Presidium Kenema kola nuts are now being used as an ingredient in a natural cola, a "virtuous" version of the world's most globalized beverage.

Production area: Kenema district, near the border with Liberia in southeastern Sierra Leone
Presidium supported by: Baladin, Italy

SOUTH AFRICA

South African Raw Milk Cheeses

Cheeses have been made in South Africa for centuries, though they have mostly been reinterpretations of European types, the most common being cheddar and gouda. Then in the 1990s a number of cheesemaking businesses were started, both large and small, which increased the volume of national production as well as diversifying the supply and improving the quality. There are around ten producers that work exclusively with raw milk. Their skill lies in their ability to adapt European models to the available ingredients and the local environmental conditions. The types of cheeses (Karoo Crumble, Ganzvlei Vastrap, Ficksburger and Healey's Cheddar) therefore reflect the profound climatic differences of the regions in South Africa, from the Cape Province with its Mediterranean-like climate, to the arid Karoo, to the subtropical conditions in the northeast.

Production area: all of South Africa
Presidium supported by: Slow Food convivia in Johannesburg and Cape Town

Zulu Sheep

The Zulu sheep is an ancient breed taking its name from the people who have always raised it. Agile and of small to medium size, it has a short speckled fleece of various colors: black, white, brown and beige. Its distinguishing features are its very small ears (similar to a mouse) and fat reserve in its tail. Over time the Zulu sheep has adapted to the area, becoming very hardy. It grazes pasture throughout the year by day and in the evening is herded into sheds. It is particularly prized for the quality and flavor of its meat. The Presidium will help the remaining herders to organize a cooperative and promote this native breed.

Production area: Kwazulu-Natal province, South Africa

KENEMA KOLA NUT PRESIDIUM © PAOLA VIESI

TUNISIA

Lansarin and Gaffaya Ancient Durum Wheat Varieties

In northern Tunisia, two ancient varieties of wheat, Mahmoudi and Schili, are still grown at altitudes between 500 and 800 meters in the Lansarin and Gaffaya hills. The wheat is characterized by long straw and glassy amber grains. The wheat is ground into semolina for use in couscous and bread and the dried, crushed grains are steamed to make borghul. Additionally, for centuries, the women have been passing down recipes for the production of pastas like hlalam (similar to trofie) nouasr (for soup) and richta (a kind of flat, eggless tagliatelle). Threatened by the introduction of more productive hybrids, these two varieties, grown using traditional techniques and without the use of chemicals, are now at risk of extinction.

Production area: Lansarin and Gaffaya hills, Tebourba province, Mannouba region, northern Tunisia
Technical partner: Agriculture regional office, Tunisia

UGANDA

Ankole Cattle

The Ankole cattle has a dark brown coat and long white horns that curve outwards then up, forming the shape of a lyre. It is a majestic and elegant animal, able to travel long distances in search of pasture and water. Still today it has a sacred role in communities, as a maternal figure, a currency and a gift. Raised in the Rift Valley along the border between Uganda and Rwanda (though some are also present in Burundi) in a semi-arid strip often called the "cattle corridor," it is a rustic breed kept for both its meat and milk.

Production area: Rift Valley, on the border between Uganda and Rwanda
Presidium supported by: IFAD

Luwero Robusta Coffee

After Ethiopia, Uganda is Africa's second-largest coffee producer. While the Ethiopian highlands are the birthplace of Coffea arabica, central-east Africa's equatorial forests are home to Coffea canephora, more commonly known as robusta. This species is appreciated around the world in espresso blends, and it represents 85 percent of the coffee produced in Uganda. At altitudes of 1,200 meters, not far from the banks of Lake Victoria, the ancient robusta varieties of Kisansa and Nganga are grown under shade trees, like the banana. In the local culture, coffee has a strong symbolic value: the coffee cherries are not just toasted, but also eaten fresh, in soups or simply chewed for their stimulating properties.

Production area: Zirobwe (Luwero district), Goma and Nakifuma (Mukono district)
Technical partner: CSC (Caffè Speciali Certificati)

ANKOLE CATTLE PRESIDIUM © ALBERTO PRINA

AMERICAS

© Paolo Demetri

SATERÉ-MAWÉ NATIVE BEES' HONEY PRESIDIUM © MARCO DEL COMUNE

ARGENTINA

Gran Chaco Wild Fruits

In the flatlands of the Gran Chaco (literally: great hunting lands) between Argentina, Bolivia, Brazil and Paraguay, the white carob trees - chañars and mistols - are part of the indigenous peoples' food culture. The fruits (and wood) from these trees have always been cultivated by the women. They make many products out of them: From the fruits of the white carob trees (with a yellowish color and a meaty pulp) they make flour for bread, drinks, sweets and quality feed for the animals. From the chañars, a tree that can grow in many types of soil and resist drought and low temperatures, they collect patalcas (small, smooth and roundish fruits with an orange-red color and a sweet, pasty pulp), which are eaten fresh or used as an ingredient in breads, syrups and traditional dishes. Finally, the fruits of the mistol (small with a red/brown color and a sweet pulp) are ideal to eat fresh, boiled or sun-dried. These fruits are used to prepare syrups, sweets, various traditional Argentinean dishes, therapeutic infusions and liquors.

Production area: Chaco and Formosa Provinces.
Presidium supported by: IFAD

Quebrada de Humahuaca Andean Potatoes

The earliest signs of the selection and cultivation of potatoes in the Quebrada region date back 4,000 years. Unfortunately, many of the historic varieties once cultivated here have almost disappeared: The 70 potato varieties recorded 40 years ago have been reduced by half. Those that have survived are distinguished by their flavor, color and use. The Presidium has selected five of these varieties that are cultivated at altitudes ranging from 2,100 to 3,800 meters above sea level: Papa Azul, Papa Señorita, Cuarentilla, Tuni Morada and Chacarera.

Production area: Maimará, Tumbaya, Tilcara and Humahuaca municipalities, Jujuy province

Yacón

The cultivation of this Andean root dates back to Argentina's pre-Hispanic period. The plant has a fine stalk with green leaves, and it can grow over a meter high. Andean farmers rotate the yacón with corn or potatoes, cultivating the plant all year round. The flesh of the yacón can be eaten raw after it has been left for a few days in the sun and the skin has shriveled slightly. The flesh has the consistency of a pear, with a light hay-yellow color. Yacón is an important part of the traditional diet of the people of Quebrada de Humahuaca, who also use it to make sweets, infusions, jams, jellies and escabece (a vinegar-based marinade).

Production area: Barcena municipality, Jujuy province

BRAZIL

Baru Nut

The baru (Dipterys alata vox) is a large leguminous tree found in the cerrado, the typical forest of central Brazil. The fruit matures between September and October and contains a delicate-tasting almond called castanha de Baru. This nut can be toasted, acquiring a taste similar to peanuts or cashews, or used plain in the preparation of typical sweets made with cane sugar and milk, such as pé-de-moleque and paçoquinha. The oil extracted from the baru nut is used to flavor local dishes and as a treatment for rheumatism.

Production area: Caxambu, Santo Antonio and Bom Jesus communities, Pirenópolis municipality, Goiás, Central-West region

Juçara Palm Heart

Palmito – Brazilian palm heart - is extracted directly from the palm's trunk. The most traditional and flavorful variety of palmito is the Juçara (Eutherpes edulis), which grows naturally in what remains of the Atlantic forest in southern Brazil. But it is also the variety most at risk: the sustainable technique used by the Guarani Indians to remove the palmito from the palm without causing long-term damage is practiced in only a few areas. The Guarani use the Juçara palm in its entirety: The leaves are transformed into beds and chairs, the wood becomes walls and support for houses, and the berries are turned into an acidic juice. The heart of the palm is traditionally eaten raw with honey (there is no salt or sugar in Guarani cuisine), but it can also be boiled, roasted over an open fire or fried.

Production area: Guarani reserves in Silveira (São Sebastião municipality) and Boa Vista (of Ubatuba municipality), San Paolo state

Licurì

With its bunches containing thousands of green fruits and imposing presence, the licurì palm is an integral part of the landscape of the caatinga, the characteristic ecosystem of northeastern Brazil. Birds love to eat the outer flesh of the fruit, which surrounds a shell which in turn hides a kernel with a very intense coconut-like flavor. The fruits can be eaten unripe or ripe, raw or toasted, or they can be pressed into milk or oil. They are an essential ingredient in traditional Easter dishes, served with fish or chicken, while the milk is used to flavor rice.

Production area: Piemonte da Diamantina region, Bahia state, northeastern Brazil
Presidium supported by: IFAD

Piancò Valley Red Rice

Red rice was introduced in Brazil by the Portuguese in 16th century and its cultivation soon flourished in the northeast region. In 1722, the Portuguese monarch, who was interested only in white rice, prohibited the cultivation of red rice and it survived exclusively in the semi-arid state of Paraíba. Here, red rice has continued to be a staple of the traditional diet, but an increasing demand for white rice in recent years has reduced the production area to one third of the original.

Production area: Santana dos Garrotes municipality, Vale do Piancó, Paraíba state

Sateré-Mawé Native Bees' Honey

Canudo bees belong to the Meliponae subfamily that covers around 300 very small, stingless bee species found only in the tropics. Canudo bees are kept in the villages of the Sateré-Mawé indigenous people, who safeguard the Amazonian forest, avoid using chemical treatments and continue the tradition of producing Maya honey: a precious nectar, sweet and aromatic, with a liquid consistency. The honey, Canudo nectar, also has various therapeutic properties, of great importance where medical assistance is unavailable.

Production area: Andirá-Marau indigenous land in the basin of the Andirá and Marau rivers, Amazonas and Pará states, Northern region

Sateré-Mawé Native Waranà

Waranà trees have been cultivated for centuries by the Sateré-Mawé tribe in Brazil's Amazon region. The trees have white flowers and produce bunches of red fruits which, when ripe, open to reveal three black seeds. The seeds, which contain 3-4% caffeine, are dried in a clay oven over the embers of an aromatic wood and then ground into a powder that can be dissolved in water or added to fresh fruit juices. Waranà extract can also be used to make syrups or beverages. The waranà is placed inside hollow sticks of different sizes and then grated using a basalt stone commonly found in the local area.

Production area: Andirà-Marau indigenous land in the basin of the Andirà and Marau rivers, Amazonas and Pará states, Northern region

Serra Catarinense Araucaria Nut

Araucaria angustifolia is a tree native to southern Brazil that has always been a food source for humans and animals in the Serra Catarina area in the state of Santa Catarina. Though the area was completely covered with araucarias some centuries ago, the last few decades have seen a systematic replacement of these trees. The araucaria pine nut (pinhão) is the seed of Araucaria angustifolia. It is about four centimeters long, elongated in shape and ivory in color, covered in a tough skin and found in large cones. Always considered a poor person's food – a matafome ("hunger killer") – the nuts can be found in many traditional dishes such as paçoca de pinhão and entrevero, but its value has never been officially recognized at a national level.

Production area: Urubici and Lages municipalities, Santa Catarina

SERRA CATARINENSE ARAUCARIA NUT PRESIDIUM © XAVIER BARTABURU

Umbu

Also known as imbù, this fruit grows in the Caatinga, the typical scrub vegetation of Brazil's semi-arid Sertão in the northeast of the country. The name is derived from the word "y-mb-u," which means "a tree that gives drink," in the local Tupi-Guarani people's language. The large and thick-trunked trees often date back a century and have enormous root systems that can hold 2000-3000 liters of water at a time. Thanks to this great capacity, they bear fruit even in the driest years. The fruits are round and can be as small as a cherry or as large as a lemon. Their peel is greenish yellow, and their flesh is juicy with a pleasant sweet-sour taste. They can be eaten fresh or made into juice, jellies and fruit paste.

Production area: Canudos, Curaça and Uauá municipalities, Bahia state

CANADA

Red Fife Wheat

Red Fife wheat, most likely a cross between Ukrainian and Scottish hard red wheat varieties, was first grown in central Ontario in the 1840s. Hardy and resistant to the diseases of the time, Red Fife was also very flavorful. Its name comes from the farmer who first introduced the variety and from the color of the ripe stalks. Presidium bread made from red fife flour has a thick golden crust, hazelnut fragrance and an intense flavor with a pleasant light acidity.

Production area: Saskatchewan, Edmonton and Ontario provinces

CHILE

Blue Egg Hen

In the Temuco area, a region characterized by the significant presence of the indigenous Mapuche people, the local farmers' markets are often brightened by vendors with basketfuls of sky-blue or pale-green eggs. This color occurs naturally, and only free-range chickens raised outdoors produce the blue eggs. In the short term the Presidium wants to bring together a group of producers and draw up a production protocol, while in the medium- and long-term it will support the selection and revival of the traditional breed, the Araucana. Following the earthquake that struck the Itata valley in February 2010, the Presidium committed itself to preserving the breed and improving communication of the product through introducing a seal of quality.

Production area: Itata valley, Region VIII (Bío-Bío)

Merkén

Merkén is an increasingly rare traditional Chilean condiment, found only in farmers' markets, and often made with inauthentic ingredients. The classic ingredients are aji (a long red chili pepper that is dried, smoked, and ground), coriander and salt. The Presidium is working to recover the traditional recipe, promoting its consumption on the national market and strengthening the network of producers.

Production area: Nagche and Wenteche territories, IX region (La Araucanía)

Purén White Strawberry

For hundreds of years, white strawberries have existed in the area around Purén, in south-central Chile. These peculiar pale berries, with a subtle fragrance and delicate flavor, are cultivated between Cordigliera and the Pacific, and are the ancestors of the modern garden strawberry cultivated around the world. The modern strawberry was created in Brest, France, in 1766, from

the crossing of the Fragaria virginiana from the eastern United States and the Purén white strawberry (Fragaria chiloensis), brought to Europe in 1712 by Amédée-François Frézier, an engineer in the service of Louis XV. Currently 25 farmers cultivate 14 hectares of poor clay soil, without using fertilizers, treatments or irrigation. The strawberries are harvested from November to mid-January and are a traditional part of Christmas and New Year in Purén.

Production area: Puren municipality, Malleco province, IX Araucanía region

COLOMBIA

Providencia Black Crab

Providencia is a small Colombian island located in the Caribbean Sea. It was declared a Biosphere Reserve by UNESCO in 2010. The island is home to millions of black crab (Gerarcinus rurcola), a native breed that does not live in the sea, but rather in the dry forest typical of the island. The crab is the emblem of the local cuisine. The reproductive migration of the crab are spectacular: thousands make their way down to the sea, covering the roads that are closed by the authorities to prevent the crabs being crushed by cars. The residents of Providencia, called Raizal (descendants of African slaves and British sailors), capture the crabs by hand when they come out to feed at night. The following day, the crabs are prepared in thier homes, where they are boiled and the different parts are separated. They are then used as a basis for soups and typical dishes, or alternatively they are sold on the neighboring island of San Andrés.

Production area: Providencia island, San Andrés archipelago, Providencia and Santa Catalina
Presidium sponsored by: Fundación ACUA, IFAD, Ministerio de Relaciones Exteriores de Colombia, Corporación Coralina

ECUADOR

Nacional Cacao

Nacional cacao is a descendant of the first cacao trees cultivated by the Mayans in South America. An exceptionally flavorful and delicate cacao, it is found only in Ecuador, hence its patriotic name. Genetically, Nacional is a Forastero cacao, but the flavor and aroma of the chocolate it produces are similar in quality to the legendary Criollo. The hub of Nacional cacao production is currently the province of Napo, at the heart of Ecuadorian Amazonia, where the majority of the population is indigenous, mostly from the Quichua tribe.

Production area: Quichua villages around the Tena municipality, Napo province

HUEHUETENANGO HIGHLAND COFFEE PRESIDIUM © ALBERTO PEROLI

GUATEMALA

Huehuetenango Highland Coffee

Guatamala's coffee, grown in the country since 1773, is among the best in the world. Huhuetenango is at the base of the Cuhumatanes mountains - the highest non-volcanic mountain range in Central America - and is one of the country's best regions for coffee cultivation. The Presidium coffee is from Coffea arabica plants of the Typica, Bourbon, and Caturra varieties. It is cultivated in the shade of the forest at altitudes reaching 1500 meters. This coffee is collected and processed by hand, and the coffee beans are removed from the cherries through a delicate fermentation. After depulping, the coffee beans are dried for three days, during which time they are continually turned with a wooden rake.

Production area: Western altipiano of Huehuetenango, San Pedro Necta, La Libertad, Cuilco, La Democracia and Todos Santos Cuchumatanes municipalities
Technical partners: Cooperativa Sociale Pausa Café, Torino Impresa Sociale Equoqui, Alba

Ixcán Cardamom

Introduced to Guatemala in the early 20th century, cardamom cultivation quickly spread throughout the country, and entered the international medicine, perfume and food markets. Cardamom seeds are small and black, enclosed in pale-green pods. They have a bittersweet, lemony aroma. The cardamom is harvested by hand three times a year, then dried for around 24 hours before being prepared for sale, either in seed or powder form.

Production area: Valle 1, San Antonio Tzejá, Santiago Ixcán, Copal "AA" and Primavera del Ixcán communities, Ixcán municipality, Quiché department

HONDURAS

Camapara Mountain Coffee

The Copán area, in the west of the country near the border with Guatemala and El Salvador, is known for the quality of its mountain coffee. This is where the 1,900-meter Camapara mountain is found, a natural park first inhabited by groups of Lenca laborers who arrived from the surrounding countryside to work on the large fincas (estates) run by land-owning families. Today the mountain is home to around 500 small-scale coffee growers organized into cooperatives who traditionally cultivate arabica plants of the Typica, Bourbon and Caturra varieties in the shade of native trees at altitudes between 1,200 and 1,600 meters above sea level. They produce a washed coffee that produces a brew with strong aromas of peach and amaretto and notes of fruit and chocolate.

Production area: Cruz Alta community, La Campa municipality, Lempira department

MEXICO

Chinantla Vanilla

Chinantla is the only place in the world where vanilla can be found in its wild form and has the greatest genetic diversity, suggesting that vanilla most likely originated here. Locally called colibrì, this climbing orchid grows in the dense forest. Its fruit is fleshy, bright green and about 15-25 centimeters long. Immediately following the harvest, the seedpods are gathered in sealed bags and laid in the sun for five hours; then again laid in the sunlight for 4-5 hours a day for 15 sunny days. After processing, the scented beans are soft, pliable and colored a deep coffee-brown.

Production area: San Felipe Usila, San Juan Bautista, Valle Nacional, San Andrés Teutila, San Andrés Teotilapan and San Pedro Ixcatlán municipalities, Oaxaca

Chontalpa Cacao

Chontalpa, one of the five regions that make up the state of Tabasco in Mexico, is the country's largest producer of cacao. In this region, known to be the birthplace of the crollo variety, the cultivation and consumption of cacao has been an integral part of people's lives since the time of the Olmec civilization. Today in the area around Cárdenas, Centro and Cunduacán, many cooperatives of small-scale organic cacao producers have been established that ferment and dry the beans to obtain a high quality product for national and international markets.

Production area: Cárdenas and Centro municipality, Tabasco state
Technical partner: Atco (Asesoría Técnica en Cultivos Orgánicos)
Presidium supported by: Guido Gobino

Puebla Sierra Norte Native Bees Honey

The Sierra Norte is a mountain chain reaching heights of 2,300 meters, stretching across the northern part of the state of Puebla. The indigenous Nahuat and Totonaca people who live here have developed the "productive forest" system. This centuries-old method allows them to live off wild and domesticated species without cutting down the forest. The native bee Scaptotrigona mexicana has a fundamental role within this system as a pollinator and protector of biodiversity. The collected honey is left to ferment and then used by families not only as a food but also as an essential ingredient for traditional medicine. Liquid in consistency, the honey smells spiced and piquant, and is complex and sharp on the palate, with notes of citrus.

Production area: Cuetzalan municipality, Puebla state

Seri Fire Roasted Mesquite

The Seri people are the last group of Native Americans that continue to practice fishing and gathering exclusively, without cultivation or livestock breeding. The land – hard and cracked by the sun and the wind – offers only cactus and mesquite, a wild legume that can live for up to 100 years. The plant has thin spines and the fruit, which looks like long, flat beans, is collected when dry. The high-protein flour that is obtained by roasting and grounding the beans is the key ingredient of tortillas, tamales and sweets filled with cactus fruit sauce.

Production area: El Desemboque del Sur Indigenous Seri community on the northwestern coast of the Gulf of California, Sonora state

CHONTALPA CACAO PRESIDIUM © LUCA RINALDINI

Tehuacán Amaranth

Together with corn and beans, amaranth was the staple of the pre-Hispanic people's diet. With its excellent nutritional characteristics and ability to thrive in drought-prone areas, amaranth has been rediscovered in the last 30 years. The variety Amaranthus hypocondriacus originated in the Tehuacán Valley, where it was domesticated more than 6000 years ago. The plant grows up to two to three meters tall and its flowers are brightly colored spears. Amaranth can be eaten as a vegetable, and its seeds are toasted to make traditional sweets such as alegría. It can also be used to make flour for tortillas, cakes, and cookies.

Production area: Tehuacán valley, Puebla state

PERU

Andean Kañihua

This small grain known as kañihua, part of the large family of minor cereals, is an extremely important species for the Andean population. Resistant to cold temperatures and dry conditions, it is well suited to the rigid climate of the Peruvian plateau. It has a high nutritional value, mainly for its concentration of proteins and mineral salts (in particular: calcium and phosphorus) and is a symbol of local gastronomical culture; used to make a fine brown flour called kañihuaco that is used in a variety of recipes. All of these characteristics make kañihua an important species for the Andes ecosystem, which is disappearing to make space for pasture and foraging culture.

Production area: Ayaviri, Cupi and Santa Rosa municipalities, Melgar province, Puno department

Pampacorral Sweet Potatoes

The potato is the most common plant of Andean origin found around the world. Pre-Hispanic people and then the Incas cultivated eight species of potatoes with a total of over 900 varieties, distinguished by their color, flavor, shape, uses and adaptation to different ecosystems. The Presidium has selected four varieties of sweet potato (Solanum stenotonum) whose colors range from black to bright red, all cultivated at altitudes above 3,200 meters: Mactillo, Pettiquiña, Chocllusca and Chapiña.

Production area: Quechua, Suni and Puna areas in the Lares valley, of Calca province, Cusco region

San Marcos Andean Fruit

Of the numerous species native of the Andes, the Presidium is working to protect three in particular. The Tomatillo is a hard, shiny fruit with a light leaf-like shell. When it is mature, it is an orange-yellow color with a sweet flavor that is slightly acidic and very refreshing. The Poro Poro is a pale-yellow, oblong fruit filled with tiny seeds. Its flesh is similar to an orange and it has an intense and persistent scent, a slightly acidic flavor and fragrant aroma. The Pushgay is a wild tree that grows in the highest, rockiest part of Cajamarca and produces a fruit similar to European blueberries.

Production area: Cajamarca department, San Marcos province

UNITED STATES

American Raw Milk Cheeses

American cheeses were originally made using English and Dutch recipes. Then German and Italian models followed as immigrants brought their cheesemaking skills and traditions with them to the New World. Over the last two decades a new wave of cheesemakers, many of them women, have introduced a wide range of innovative artisanal cheeses. The Presidium was

created to help these cheesemakers promote their high-quality products. Through this project, Slow Food USA works to campaign for the rights of raw-milk cheesemakers.

Production area: United States

Anishinaabeg Manoomin

For generations the Native American Anishinaabeg people have harvested manoomin, wild rice (Zizania palustris), by paddling through the plants in their canoes and beating them so the seeds would fall into the boats. As soon as it was harvested the rice would be gently toasted over a wood fire. Today, wild rice has been domesticated and more than 95% of the crop is cultivated. Only the Anishinaabeg still practice the traditional harvesting method for wild rice. Manoomin has a rich roasted flavor with notes of smoke and chestnuts.

Production area: Anishinaabeg tribal lands, Minnesota

Makah Ozette Potato

Having conquered Latin America, the Spanish next tried to extend their empire along the western coasts of North America. In 1791 they established a fort at Neah Bay (in what is now Washington State), bringing with them several plant varieties originally from South America. The harsh weather conditions soon drove the Spanish away, but for over 200 years the native Makah people continued to cultivate the potato plants left in the abandoned fort's vegetable garden. Unlike other American potatoes, introduced with European colonization, the Ozette derives directly from the original South American varieties. Oblong in shape, with a golden skin, Ozette potatoes have a firm, creamy flesh with a hazelnut flavor.

Production area: northwestern Washington state

Navajo-Churro Sheep

For four centuries, this descendent of the heritage Iberian Churra breed has been raised by the Navajo people in New Mexico and Arizona using traditional herding and grazing practices. It is a hardy breed that produces lean, sweet-tasting meat, abundant milk and high-quality wool. Although once very common, the Navajo-Churro population has declined sharply over the past 30 years. In collaboration with Diné be'iiná and the Navajo-Churro sheep association, the Presidium works to protect the breed and increase its numbers.

Production area: the Colorado Plateau which reaches into Arizona, New Mexico, Colorado and Utah

Sebastopol Gravenstein Apple

Among the thousands of California apple varieties, the heirloom Gravenstein is widely regarded as one the best for eating and baking. The sweet and tart flavors of the Gravenstein are a symbol of Sonoma County's historical agricultural traditions. Over time, however, this apple variety has been replaced by more profitable crops, its delicacy and short shelf life cause consumers to opt for other varieties. The Sebastopol Gravenstein Apple Presidium formed to protect the farmers who grow these delicious apples, make more consumers aware of the importance of agricultural biodiversity and create a national market for Gravenstein apples.

Production area: Sebastopol, Sonoma county, California
Presidium supported by: Slow Food Russian River Convivium, Roots of Change, Risk Management Agency of the U.S. Dept of Agriculture

ASIA AND OCEANIA

AFGHANISTAN

Herat Abjosh Raisin

Herat is a province in Afghanistan long famous for producing high quality raisins; the numerous varieties have been cultivated for more than 500 years. With the help of the University of Herat, the Presidium has catalogued 27 types with different shapes, colors and uses. A particularly interesting grape variety is the white or pale pink Fakhery that produces abjosh raisins. The grapevines are planted in trenches about 1.5 meters deep and 75 centimeters wide, extending from east to west. Harvesting starts in September and continues for three months. The grapes are immersed in boiling water for a few moments before drying. This process is called abjosh, which takes its name from the raisin variety.

Production area: Herat
Technical partners: University of Heart, Perennial Horticulture Development Project and University of Florence

ARMENIA

Motal

Motal is a cheese made from goat's milk and wild herbs (particularly tarragon) produced in the mountains of Armenia. The processing technique for motal is ancient. The milk, worked straight from the cow, has calf rennet added to it. The curd is crumbled and compressed by hand in terracotta jars sealed with beeswax. It is then turned over in ashes and conserved in cool and dry cellars, where it can keep for several months.

Production area: Gegharkunik province

CHINA

Tibetan Plateau Yak Cheese

From June to September Tibetan yak herders bring their animals to the high pastures (over 4,000 meters above sea level) of the Qinghai-Tibetan Plateau. The yaks graze on more than 60 different species of wildflowers and grasses, producing fragrant milk with double the fat content of cow's milk. The Presidium is training local cheesemakers to make a yak's milk cheese suitable for aging. The first trials have produced a semi-hard, cooked-curd cheese with a scent reminiscent of an aged pecorino and a clean flavor with grassy notes.

Production area: Maqin county, Golok prefecture, Qinghai province
Technical partner: Avec-pvs (Veterinary Association for Cooperation in Developing Countries)

INDIA

Dehradun Basmati Rice

The diversity of Basmati rice varieties is the result of centuries of selection by Indian farmers. The first mention of the perfumed rice dates back to the 18th century, and since then one hundred different varieties have been developed. The Presidium was established to promote Dehadruni or Desi (which means "local") basmati, a rice scented with floral and sandalwood notes, cultivated using traditional techniques at the foot of the Himalayas, in a flat area no more than 600 meters above sea level, bordered by the Ganges River to the south and the Yamuna River to the north.

Production area: Dehradun, Hardiwar and Uttarkashi districts, Garhwal region, Uttaranchal
Project partner: Navdanya Trust

JAPAN

Unzen Takana Vegetable

The leaf vegetable takana belongs to the Brassicaceae family and is an original ecotype from the Shimabara peninsula in the Nagasaki prefecture. Its leaves are thick, corrugated and bright yellow-green in color, but the most distinctive feature are the knots that form at the center of the leaf ribs as the plant grows. The pleasant flavor of Unzen takana led to it spreading rapidly in the 1950s, but cultivation was then gradually abandoned due to low profitability. A group of producers and transformers has now launched a campaign to recover this vegetable as a symbol of local identity and gastronomy.

Production area: Unzen, Shimabara peninsula, Nagasaki prefecture

LEBANON

Jabal Amel Freekeh

Freekeh, an unusual green wheat, has long been produced in the region of Jabal 'Amel. Unripe wheat is harvested by hand and left to dry in the sun for a day. It is then laid out on stones and buried with branches from a local shrub called balan. The branches are used as fuel for an intense but brief fire which toasts the wheat quickly and evenly, giving it a distinctive roasted flavor. The people of the region usually boil it in soups and stews, but it can also be cooked like barley or rice.

Production area: Jabal 'Amel region
Presidium supported by: Tuscany Regional Authority

Kechek El Fouqara Cheese

Kechek el fouqara, or "poor man's cheese", in fact contains no milk and has long been produced along Lebanon's southern coast using corn fermented in water. The freshly harvested corn is left to ferment in water and salt and then ground until a homogenous, elastic mass is obtained. The mass is then seasoned with herbs and shaped into small balls, which are preserved in local extra virgin olive oil. This product is one of what are called mune products: food reserves that all families need to cope with the continuous fluctuation of periods of plenty and scarcity.

Production area: Majedl el Zoun, Tyre province
Presidium supported by: Tuscany Regional Authority

MALAYSIA

Rimbàs Black Pepper

Originally from Southeast Asia, Piper nigrum spread through Malaysia over 2,000 years ago. About 13,000 hectares of pepper are currently cultivated in fertile Sarawak, one of two Malaysian states on the island of Borneo. Rimbas is an inland agricultural area far from large towns, where Sarawak's most numerous native population, the Ibans, grow the local variety of black pepper, called Kuching. The objective of the Presidium is to improve the quality of the pepper by increasing the number of annual harvests and developing processing techniques so producers will be able to receive a better price for their product.

Production area: Ulu Bayor, Babu Delit, Ng Bayor and Babu Sedebau, Sarawak state

NEW CALEDONIE

Lifou Island Taro and Yam

Taro and yam are two tubers that have always been a staple part of the New Caledonian diet and play a significant role in Kanak social life. Unfortunately they are gradually disappearing, being replaced by imported rice and bread. On Lifou, the largest island in the Loyalty Islands, the producers of the Taro and Yam Presidium wish to improve their technical knowledge of the two tubers, spreading this knowledge to local schools to bring back local demand.

Production area: Lifou island, Loyalty Islands
Project partner: Centre Culturel Tjibaou (Numéa)

SOUTH KOREA

Black Ogye Chicken

Today, the extremely rare black Ogye chicken is only found in the village of Yeonsan, in the Gyeryongsan National Park, an area famous for the sacred Gyeryongsan Mountain (gyer meaning chicken, yong meaning dragon and san meaning mountain). The Ogye breed is easily distinguishable from other chickens due to one very unique physical characteristic: it is completely black, including its feathers, skin, claws, beak and eyes. It has a small head with a crest that is also black and sometimes displays reddish hues. The chickens are raised for both for their eggs and meat, as both products are renown to be of excellent quality. The Ogye chicken's diet is obtained partially from foraging free-range in forests – where the birds peck at grasses, worms and insects – and from a natural feed made of oyster shell powder, green tea, ginseng and rice husks.

Production area: Yeonsan village, Nonsan city, Chungcheongnam province

Ulleung Island Sanchae

The small island of Ulleung is located east of the north-east coast of South Korea and until 1882 was completely uninhabited. This isolation (resulting in the preservation of its natural ecosystems) and the temperate oceanic climate have contributed to the development of many native plants. Today, almost all the families that live on the island grow herbs that were formerly only found in the wild. The Presidium promotes the rarest of these: Seommalnari, also known as Hanson's lily (a beautiful yellow flower with edible bulbs); Dumebuchu (with a taste similar to leek, eaten raw or fermented); Samnamul (with leaves – eaten fresh or dried – that have a similar texture and flavor to meat); and Chamgobi (a kind of fern which can only be eaten when dried).

Production area: Ulleung island
Technical partner: Ulleunggun Agriculture Technology Center

Jeju Island Fermented Soybean Paste

Fermented soybean paste is an essential condiment across South Korea. It is used to flavor vegetables, meat, fish and soups. That island of Jeju is distinguished from all others by the use of a particular soybean variety (the Pureun kong, which means green soybeans) and fermented grain (nuruk) which provides an unmistakable flavor: bittersweet and intense. The production technique is complex: The dough is fermented in large earthenware jars for at least two to three months, however it improves significantly after one or two years.

Production area: Jeju island, Seogwipo region
Technical partner: Ulleunggun Agriculture Technology Center

Don Tea

Don tea is a fermented green tea variety produced in Jangheung, in southwestern South Korea. Its artisanal production requires time and knowledge. The leaves are harvested from Camellia Sinensis plants that grow wild in the mountains around Jangheung. Twelve hours later, they are steamed for around five minutes on a wood stove called a camasot. As soon as they turn yellow, the leaves are removed from the heat and pounded in a mortar. The mix is then shaped into the characteristic "don" form, the ancient round corn with a central hole that gives this tea its name. The dried tea is then placed into terracotta pots and left to ferment for six months or longer, and for up to 20 years. Before being steeped in boiled water, the tea is put onto a brass plate and heated and roasted over a low flame.

Production area: Jangheung, South Jeolla province

TAJIKISTAN

Pamir Mulberries

Introduced to Tajikistan from China via the Silk Route, the mulberry has adapted perfectly to the demanding environment of the Pamir Mountains, known as the "Roof of the World". There are 60 varieties which play a crucial role in traditional diet, earning mulberries the name of "second bread". They can be eaten fresh (in jam or syrup) or dry (as a sweetener in tea, in fermented milk or sour cream). Mixed with ricotta cheese, they are an ingredient in desserts and cakes.

Production area: Shugnan, Rushan and Vanch districts, Gorno-Badakhshan autonomous province

UZBEKISTAN

Bostanlyk Ancient Varieties of Almonds

The Chatkal Valley in northern Uzbekistan (Central Asia) is considered one of the main areas where the almond varieties now consumed around the world were originally domesticated. The region of Bostanlyk ranks first for almond production in the country. So far more than 50 sweet and bitter varieties have been identified but the wild varieties are still largely unexplored. The Presidium works to preserve the wild almond groves in Bostanlyk, as they play a strategic role in maintaining unique local traditions and protect land at serious risk of erosion.

Production area: Khumsan and Brichmulla villages, Bostanlyk region
Technical partners: Shreder Research Institute

DON TEA PRESIDIUM © SERENA MILANO

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